

TIME TO TAKE STEPS FOR YOUR FUTURE LET METRO'S MBA GUIDE HELP (pages 25-27)



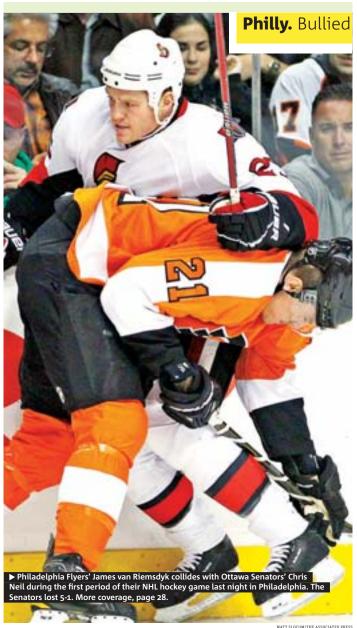
BARE **ADAMS' FANS KEEP HIM GOING** SCENE (page 11)

OTTAWA net

Tuesday, November 16, 2010 www.metronews.ca



News worth sharing



No brotherly love for Sens

Jason Spezza scored the lone goal for the Ottawa Senators in what proved to be a brutal night for the team in Philadelphia. The Flyers' Mike Richards got three points on the night with an assist in the second period and two goals within two minutes of each other, one shorthanded, early on in the third.

Blast won't alter plans for holiday

• Canadians travelling to Mexico should exercise a 'high degree of caution': Travel advisory ◆ Agencies offering concerned Canadians new accommodations



JOE LOFARO MFTRONEWS CA

Nick Lafrance has heard of Canadians getting into trouble while vacationing in Mexico, but said recent events won't change his plans to travel there in the

new year.
"In my opinion, these things could happen anywhere in the world," said the 24-year-old Ottawa teacher.

On Sunday, five Canadians were killed in a natural gas explosion at the Grand Princess Riviera Hotel in Mexico.

A spokesperson from Flight Centre, which has five branches in Ottawa, said the travel agency currently has six customers from Ontario with reservations at the same hotel.

Wellness

Counselling your way to a thinner you

• Get a professional ear when you embark on weight loss plan • Acne sufferers may be more of a suicide risk, say

{pages 17-20}

"There was so much hype and fear instilled into travellers to Kenya ... (but) I never felt unsafe — I assume Mexico will be the same."

OTTAWA RESIDENT NICK LAFRANCE

"They will be offered different options ranging from staying at different resorts to travelling on different dates," said Allison Wallace.

Foreign Affairs and International Trade Canada spokesperson Alain Cacchione said the Government of Canada recommends Canadians consult the travel advisory and the registration service when travelling abroad.

MORE COVERAGE, PAGE 6

Mom murdered her daughters

Ontario woman's tragic case ends with a conviction {page 8}

Mel admits to slapping wife

Gibson denies using closed fist to hit Oksana (page 16)

CALL TODAY, CLASSES STARTING SOON!

Paralegal

Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is accredited by The Law Society of Upper Canada.

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is accredited by CCAPP,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy



Personal Support Worker

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Fitness & Health Promotion



This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 43 week program including a 4 week co-op placement.

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This is a 33 week program.

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world!



Get Swabbed, save a life

OneMatch seeking stem cell, marrow donors from diverse backgrounds • Student-run event promoted on Facebook, YouTube



Six years ago, Dennis Gudbranson was diagnosed acute myeloid leukemia.

matches for people who need transplants."

"You can only imagine what it's like, hearing that a six-year-old has cancer," said his mother, Ottawa resident Donna Leith-Gud-branson. "It's kind of like the floor drops out."

After undergoing five rounds of chemotherapy in six months, Dennis showed symptoms again a year lat-With no compatible bone marrow matches in the family, the Gudbransons turned to the national bone marrow registry.

"His chances of finding a donor were one in 40,000," said Leith-Gudbranson

But then a miracle hap-

The registry found a 10/10 match and today, doctors have declared Dennis

"He's a busy, vibrant 13year-old. He's a normal kid, which is the most amazing thing," his mother said.

For the first time in Ottawa, a group of students are hosting an event to get as many people on the One-Match stem cell and mar-

row registry as possible.

"I am so proud of all those guys, it's unbelievable. It brings tears to my eyes to know that kids are taking the time to possibly save a life. To care about humanity that much is amazing." DONNA LEITH-GUDBRANSON.

MOTHER OF A STEM CELL RECIPIENT

city residents, Get Swabbed! is coming to Car-Open to students, staff leton University today and uOttawa tomorrow as part of a cross-country stem cell swabbing event.

"We're hoping as many people as possible will come out," said the organizer for both events, Ilan Orzy.

Orzy, whose grandmother died of leukemia, said the idea for the event resonated with him.

He's not alone.

"I think students want to give back," he said. "There are a lot of students who want to get involved and make a difference. This is a great way of doing it."

Alleged robber accidentally stabs self

Police are investigating after a man who had allegedly just robbed a commercial establishment tripped, fell, and injured himself with his own knife.

Police attended a robbery in the 100 block of Tapiola Crescent at 9 a.m. yesterday and then a possible stabbing in the area of 3500 South Gate Rd. just a few minutes later. Paramedics transported a man in his early 20s to hospital with a serious injury. He is currently in critical condition. Police have placed the man under arrest. The investigation is ongoing. There were no other injuries. TRACEY TONG

Service planned for daughter of Sens coach

Ottawa Senators assistant coach Luke Richardson and his family are hosting a public celebration of life service for his daughter, Daron Richardson at 10 a.m. tomorrow.

A Sens statement said there was an accident in the family home and she died in hospital Saturday. She was 14.

Richardson is a former NHLer who finished his playing career as an Ottawa Senator in 2008.

The service will be held on the arena floor of Scotiabank Place, followed by a reception.

Guests are asked to enter Scotiabank Place via Gate 1 or Gate 2.

The family is asking that donations be made to the Royal Ottawa Foundation for Mental Health Youth Program, in lieu of flowers

TRACEY TONG





Use the ScanLife application on your smartphone

On the web at metronews.ca

Allan Small on why paying attention to world events is critical for investors. More at metronews.ca/ investing





Canadians believe in giving back, new poll finds

Michael Kirkpatrick has been giving to the Ottawa Mission since he was 20 years old.

"It dawned on me that the mission does good things, and I thought I could do something to help improve homeless folks' lives," said Kirkpatrick, now 31.

A Harris-Decima survey released yesterday found that the majority of Canadians believe it is important to personally give back to their communities.

The Ottawa Mission recently launched a mobile giving program, where cellphone users can text a \$10 donation to the shelter.

"We think that will reach younger people," said Ottawa Mission "It improves the community as a whole."

MICHAEL KIRKPATRICK ON GIVING TO CHARITY

spokeswoman Shirley Roy.

Kirkpatrick said many young people he knows want to support a charity.

Many charity events, like Hope Volleyball, Movember, and events that he's helped organize, like the Ottawa charity ping pong tournament and a basketball tournament in Lowertown, where he lives, are fun and interactive and targeted towards younger people, he said.

TRACEY TONG

Entrepreneur has passion for pastry

Young entrepreneurs discuss credit, taxes, red tape
 CYBF helped cupcake baker get cooking



Melissa Somers loves cupcakes.

"You can have so much fun with cupcakes," said the 29-year-old Ottawa resident. "Whether it's flavours, colours, decorations, different events you can do them for, it really is endless possibility."

Last spring, Somers turned her passion for pastries into a cupcake store.

The Canadian Youth Business Foundation, said Somers, was instrumental in helping her make her dream happen.

The organization was invaluable in helping her with start-up loans and pairing her with a mentor,



she said yesterday.

Rob Moore, secretary of state for small business, kicked off Global Entrepreneurship Week yesterday with a visit to The Flour Shoppe and a roundtable meeting with young businesspeople from the Canadian Youth Business Foundation.

"They're out there moving our economy along, employing people and doing what they want to do, so it's always a great day when I can meet with them," he said.

Somers also identified another vital support system.

"I'm very well support-

"I think I've always known that I was going to run my own business, but I wasn't really sure what it was going to be. I come from a family of entrepreneurs and while my sisters both work for my family, I knew I was going to be doing something different."

MELISSA SOMERS, THE FLOUR SHOPPE OWNER

ed by family," she said.
"My brother-in-law and sister-in-law both work for
me full-time as bakers, and
my husband's here on I
guess a part-time volunteer basis, in addition to
his full-time iob."



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Blast story may not pass the sniff test

• Hotel sits over one of world's best-known cave systems • A cave was directly beneath lobby: Reports

Some experts are skeptical about a claim by Mexican authorities that a previously undetected mass of swamp gas caused the deadly explosion beneath the Grand Riviera Princess Hotel.

Within hours of the blast that killed seven people, including five Canadians, officials were pointing to that explanation, but there are doubters.

Authorities say methane and other gases from a nearby swamp drifted into a cavern beneath the hotel, built up to high levels and were ignited by a spark from a cooking device.

But Bil Phillips, a Canadian based in the state that leads tours of underwater caves, says the chance of a natural buildup of gases in one of the caves would be unlikely, if not impossible.

"It would sound to me

Precedent

Police investigations into past Canadian deaths in Mexico have come under scrutiny.

- The 2006 murder of an Ontario couple at a Mayan Riviera hotel was criticized for poor handling of forensic evidence.
- Late last month, the family of an Ottawa-area businessman helped to track down his body in a burned-out rental car in Guerrero state, on the western side of the

like a gas accumulation was from their gas pipes," said Phillips. "All cooking and everything down here is from gas and propane and so maybe there was a leak. THE CANADIAN PRESS



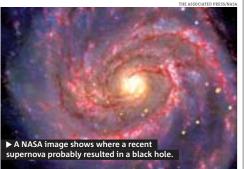
Now that's one hungry baby Divorce case gets

Astronomers may have lucked into the ultimate in cosmic baby pictures: a voracious black hole fresh from its violent birth.

After watching a nearby star that exploded into a supernova in 1979, astronomers now believe the star's death was not an or-dinary one. The star's explosion was big enough to cause a black hole to develop in its wake. They think it is a black hole because they see something steadily consuming the gassy remnants of the exploded star, which is a tell-tale sign of a black hole. It sucks up

everything in sight.

And in this case it is a lot. In the past 30 years since this star exploded, this baby black hole has eaten about the equivalent of the Earth in mass, which is about as big as black hole appetites can get, said Harvard University astrophysicist Avi Loeb.



down and dirty

Lawyers acting for a Russian billionaire fighting what could end up being the biggest divorce settlement in history have cautioned reporters in Switzerland not to cover his divorce case, warning that they may breach strict local privacy laws.

Dmitry Rybolovlev's wife Elena is demanding \$6 billion from the man known as the "fertilizer king" for a fortune amassed in potash

mining that made him the world's 79th richest person.

Rybolovlev says he may sue any media outlet that reports the case because it is being heard by a Geneva civil court, where privacy restrictions are tighter than for criminal or commercial proceedings. Printing details about a divorce case could be a criminal offence in Switzerland, said Swiss lawyer Anne Reiser.

How tough is it to upsell an AK-47?

A Florida car dealership is offering an unusual perk for potential used-truck buyers: A free AK-47 assault rifle.

General sales manager Nick Ginetta says that since the promotion was announced on Veterans Day, business has more

than doubled at Nations Trucks in Sanford Customers would have to pass a background check before using the \$400 US gun shop voucher. Ginetta admits the plan is controversial, but says, "My buyer is absolutely a gun owner." THE ASSOCIATED PRESS

Deadly collapse in New Delhi

Police and rescuers raced today to pull survivors from the debris of a four-storey apartment building that collapsed in a congested New Delhi neighbourhood. killing at least 51 people and injuring 76. THE ASSOCIATED PRESS



China building blaze kills dozens

Fire engulfed a high-rise apartment building under renovation in China's business centre of Shanghai yesterday, killing 42 people and sending residents scrambling down scaffolding to escape, city authorities said.

The official Xinhua

news agency cited a witness saying the fire began when building materials had caught alight. The blaze spread to scaffolding and then to the 28-storey apartment block itself. which houses a number of retired teachers, it said.

THE ASSOCIATED PRESS

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Killer mom knew right from wrong, jury finds

Trial heard mother attempted suicide, had delusions people were trying to kill her

An Ontario mother who murdered her two young daughters knew right from wrong when she drowned the girls in a bathtub and then posed their bodies holding hands, a jury found yesterday.

Elaine Campione's

Elaine Campione's whole body began to shake and she burst into loud sobs after the jury found her guilty of two counts of first-degree murder in the deaths of her daughters Serena, 3, and Sophia, 19 months.

The defence had conceded from the beginning that Campione drowned her children in October 2006, just days before a family court appearance at which her ex-husband was



to fight for custody. But lawyer Mary Cremer had urged the jury to find Campione not criminally responsible by reason of mental disorder. Three of the jurors wiped tears from their eyes yesterday as the verdict was deliv-

Formation linguistique axée sur les professions

ered. Justice Alfred Stong told the court that because of the "unimaginable facts of this case" he's ordering the Ministry of the Attorney General to cover any counselling the jurors may wish to have

THE CANADIAN PRESS

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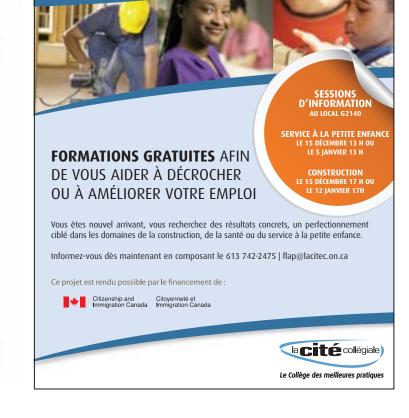
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Market moment

TSX

Dollar



contracts

Facebook takes aim at email with Titan

REAL ESTATE

Housing market on rebound

Canadian home sales volume rose in October for the third month in a row as the market continued to rebound from a trough hit in July following months of revved up activity in early 2010 and late 2011.

The Canadian Real Estate Association said that home sales on its Multiple Listing Service climbed 4.6 per cent in October, following similar increases in August

and September. CREA says October's gains are a further sign the market is returning to normal and is balanced, which means favouring neither buyers nor sellers.

Prices were up slightly from October 2009 and from September of

Housing market activity now sits 13.3 per cent above July levels, when it reached a low-point for the year. Still, sales activity was 21.6 per cent levels reported last October, when activity set a new record for the month

THE CANADIAN PRESS



Canadians have to wait Service to be phased in over several months

Facebook unveiled a new messaging platform yesterday that takes aim at one of the Internet's first applications: email.

Declaring email past its prime in the age of texts and instant messages, CEO Mark Zuckerberg said the company doesn't believe email is going to be a modern messaging system.

Users will be able to get a facebook com address to go along with their account. But Zuckerberg dismissed notions that Project Titan, as its service was called in-ternally, is the "Gmail ternally, is the "Gn killer" it's been dubbed.

But he also said that just as students are forgoing

Death of email?

- Though email is still a primary form of communication for older adults, studies suggest this is not the case for young people.
 - Text messaging has surpassed face-to-face contact, email, phone calls and instant messaging as the primary form of communication for U.S. teens.

email in favour of shorter, more immediate chats, more people down the line will send IMs and chats because it's simpler, "more fun" and more valuable to 11SC THE ASSOCIATED PRESS

Pipeline a step closer to reality

A decision on the Mackenzie Valley natural-gas pipeline inched one step closer yesterday as the federal and territorial governments gave their feedback to a lengthy environmental review. The federal energy watchdog will now prepare its recommendation to cabinet on whether the \$16billion pipeline should go ahead THE CANADIAN PRESS

Dead deal raises rules concerns

Ottawa's review of the Investment Canada Act needs to bring clarity to the process so businesses will know how foreign takeover rules will apply in future, critics said yesterday after Anglo-Australian mining giant BHP walked away from its hostile bid to buy Potash Corp. of Saskatchewan.

THE CANADIAN PRESS

Debt-burdened Ireland is talking with other European Union governments about how to handle its troubled finances, officials said yesterday as the continent's debt crisis plagued markets and policymakers across Europe. Irish officials denied the

talks were aimed at getting a financial lifeline from the EU's bailout fund, while already-bailed-out Greece revealed revised figures showing a bigger budget deficit.

Ireland seeks help with debt

EU chiefs meeting in Brussels today are anxious to quell market fears of an eventual Irish debt default. Those fears are driving up the borrowing costs of other EU nations saddled with red ink, notably Greece, Spain and Portugal.

Analysts said investors need the finance ministers in Brussels to offer a path forward THE ASSOCIATED PRESS



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NO LOVE FOR YOUR FRIEND'S NEW GUY



Good friends are like the family you choose. Friends' significant others, on the other hand, are thrust upon you whether you like it or not.

pal's new beau can go from complete stranger to social circle staple in a matter of weeks. So what happens when a new boyfriend or girlfriend, who is suddenly around all the time, is kind of awful?

Someone who makes you seriously concerned for your friend's emotional or physical well-being is one thing; these situations require immediate intervention. But sometimes our closest friends choose partners that, for whatever reason, we just don't

like. Maybe Mr. New Guy is incredibly loud and obnoxious, maybe he flirts a little too much

with other girls, or maybe he's just a complete bore.

Unfortunately, there is no vetoing other people's dating decisions. So what do you do when your friend starts sleeping with the enemy?

You can try to avoid hanging out with your gal pal whenever her personality-challenged new man is around, but there will inevitably be

some occasions when you are obligated to share the same dinner table or taxi cab. You might not

love him, but you do have to learn to tolerate him.

Maybe ask yourself if this is

"Are you being

a little too

judgmental?

Remember,

you're not the

one dating him,

she is. Just

because he isn't

your cup of tea

doesn't mean he

isn't right for

your friend."

simply a case of no-one-is-good-enough-for-my-best-friend syndrome. Are you being a little too judgmental? Remember, you're not the one dating him, she is. Just because he isn't your cup of tea doesn't mean he isn't right for your friend. We all have different tastes.

But when a pal starts dating someone who is

obviously heinous it's usually safe to assume she has been blinded by a new romance fog. A haze of dinner dates and regular sex will cause even the most rational individuals to make bad decisions.

Even when you know better, it isn't necessarily your place to say so. Unless the circumstances are extreme, meddling in a friend's love life is very rarely a good idea.

Confronting her about your issues with her nightmare new man will likely put her on the defensive. If he really is that insufferable you're better off letting her come to that realization on her own. In the meantime, suck it up and smile. You don't have to be besties but you do have to be civil.



Read more of Jessica Napier's columns at metronews.ca/shesays

IT'S THE CANADIANS. THEY'D APPRECIATE IT IF WE'D STOP SHOOTING AT THEM NOW THAT THEY ARE IN A "NON-COMBAT" ROLE.

The science of happiness

Worth mentioning

Feeling fine? Frustrated? Fantastic? The British government really wants to know.

British officials said yesterday they will start measuring national happiness in addition to gauging more traditional data like income levels and fear of violent crime.

Detailed plans have not been announced, but the new questions are expected to be formulated by national statistician Jil Matheson late this month for inclusion in a survey next spring. The decision to look be-

The decision to look beyond simple pounds and pence measures is part of a "science of happiness" movement that has taken

Don't worry, be happy



root in several other countries as officials and academics study the failure of rising living standards in recent decades to be accompanied by a similar rise in personal contentment.

Canada has developed a national well-being index, a concept pioneered by the small Himalayan kingdom of Bhutan. The surveys asks Canadians subjective questions like "How much do you enjoy your life?" and "Are you comfortable with your current level of debt?" and asks about their core values, living standards, and identification with minority or ethnic groups. The British survey is likely to use a similar approach.

What makes you happy? Why?

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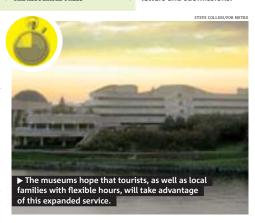
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Metro Minute at local museums

Visitors and residents can now check out the Canadian Museum of Civilization and the Canadian War Museums seven days a week. In the past, the museums were closed during the winter season. The museum corporation recently announced that both museums will now be open every Monday from 9 a.m. to 5 p.m.

"The new operating hours will create new opportunities for us to share Canada's history with the public, and provide more flexibility to visitors, both locally and from outside the National Capital Region," said Dr. Victor Rabinovitch, president and CEO of the Canadian Museum of Civilization Corporation. © TRACEY TONG



◆ Adams took requests from fans on Twitter for what songs to put on his latest album ◆ Bare Bones offers acoustic versions of his hit songs ◆ Inspired by his tour experience



Adams gets to the Bare Bones

Bryan Adams initially planned for his acoustic collection Bare Bones to be a modest bit of fan service, something the Canadian rocker could sell on the road after shows. His record company had other ideas.

"I put (these songs) together not with any intention to put it out as an album," Adams said in a recent telephone interview from Switzerland.

"I made a CD with the intention that I was going to sell it at my shows, and I went on my Twitter page, and asked the fans to recommend: should it be new

songs? Should it be old songs? What songs should be put on it? And I sort of gathered all their information and then put this album together.

"And then about a month after I put that together, my record company got wind of it, and they were like, 'Hang on a minute. Can we hear this?'

"And the next thing you know, it's being released in 30 countries. And believe me, that was not my intention. The intention was not to try and make this a big global thing."

But Adams — who has

spent most of the year on the road in Canada, the U.S., Europe, South Africa and even the Middle East might have known better.

Clearly, the 51-year-old remains in high demand internationally.

His last album of new material — 2008's 11 — charted around the world, in locales as far-flung as India, Australia, Belgium, Denmark, the Netherlands, Finland, France, Poland, Germany, Hungary, Spain, Norway, Austria, Italy, Sweden, the U.K., the U.S., and of course, Canada, where the record hit No. 1.

He had originally planned to record 11 as an acoustic album until he 'balled out and decided to bring the band back in."

But he followed his original instinct when it came time to tour, playing the tunes stripped down to their essence.

"Those shows got bigger and bigger and bigger and bigger, and next thing you know, I'm on tour doing two and a half hours or two hours of acoustic," Adams recalled. "I thought, you know what, I'm loving this, let's just keep going."

When he began solicit-

ing suggestions on Twitter for the final track list of Bare Bones, which drops today, he was surprised at the reaction he received.

"If I showed you the list of stuff that was sent to me from different places all over the world, it would've been a triple album," said Adams, munching on a snack. "So there were some people that were disappointed because it didn't have this song or that song on it, but you know, maybe we'll make another one — who knows."

THE CANADIAN PRESS



Scene in brief



Patti Smith, the Roots and the Cowboy Junkies are among the artists on tap for a Neil Young tribute concert scheduled for Carnegie Hall next year. The Feb. 10 charity show will also include performances from Aimee Mann, Joan Osborne, J Mascis of Dinosaur Jr and Pete Yorn, with more artists still to be announced. All the proceeds from the show will benefit music and arts programs for underprivileged youth.





DVD Releases this week

Buy it 🕮 🕮 | Rent it 🕮 🕮 | Borrow it 🕮 🛢 | Yawn 🕮 | Don't bother 🕮



Movie with a big heart

The Kids Are All Right Genre: Drama Director: Lisa Cholodenko Stars: Annette Bening, Julianne Moore

In this Sundance smash about a groovy and conflicted lesbian couple, one of two "momses" explains the facts of life (and lust) to her teen son, who just discovered their gay male porn.

Jules (Julianne Moore) tells young Laser (Josh Hutcherson) that human sexuality is, well, complex. This also explains why Laser and his college-bound sister Joni (Mia Wasikowska) were both conceived with the aid of an anonymous sperm donor.

That's just the start of

this sweet and perceptive comedy directed by Lisa Cholodenko (Laurel Canyon), who co-wrote with Stuart Blumberg. More revelations are to follow.

Jules, a free spirit, is married to tightly wound doctor Nic (Annette Bening). Nic's high income allows Jules to do her own thing, which amounts to dabbling at gardening.

Nic resents this more than she lets on. Jules has her own issues: she doesn't like Nic's judgmental nature and caustic tongue, and she worries that her spouse enjoys wine just a little too much.

The wine really starts flowing when the kids' curiosity leads to them meeting their biological father. Now everyone has to figure out what to do about Paul (Mark Ruffalo), a randy hippie farmer

who has suddenly entered their lives.

Ruffalo is great as Paul, one of the best characters he's played since he first rose to prominence a decade ago with You Can Count On Me.

Everybody is trying so hard to be liberated, but that's hard to do when people start crossing boundaries that weren't very well defined to begin with. New Age thinking can quickly turn to Old School emoting when the clothes — and the gloves — begin to come off.

The best thing about the film is its bigheartedness. It's not out to mock these people, but rather to show how any person of any orientation can become unraveled when high-minded principles collide with human nature.

PETER HOWELL

Disney's A Christmas Carol

Genre: Animation
Director: Robert Zemeckis
Stars: Jim Carrey, Gary Oldman, Bob Hoskins

What the Dickens? Robert Zemeckis updates the Yuletide perennial with loads of digital greasepaint and 3-D trickery. None of it is necessary, especially on the home screen. But the uplift remains the same.

Most people might have judged it sufficient gimmick for Carrey to play not only Ebenezer Scrooge at various ages, which he does well, but also the ghosts of Christmases Past, Present and Yet to Come who vex Scrooge on the path to seasonal enlightenment.

Carrey has such an expressive face, it seems almost a crime to hide it beneath the mo-cap



process, in which actors wear dozens of digital sensors while performing, and then have their work translated to claymation-style animation

Fortunately for Carrey and the film, he's as durable as the Dickens. His personality struggles to get through the digital goo, but it largely does, although he's much better as Scrooge than as any of the three didactic ghosts.

PETER HOWELL









THE FLOW OF FLOACIST

'WE'RE BOTH DOING WHAT WE WANT TO DO'

The Floacist, Natalie Stewart, first introduced as half of British soul duo Floetry, believes the Grammy-nominated group dissolved because that was what was supposed to happen. She says she would not have made solo music any other way, and besides giving her a new start, the split has given her new purpose.

What was it like after the group dissolved?

I wanted a certain message to be going out, something especially for women, where we could empower ourselves and not be so petty in our relationships with each other as sisters. That was a very, very large focus for me. I didn't necessarily choose the right person to do that with. At one point it was really eating at my spirit because I couldn't fix it. I couldn't fix it and so many people were thinking it was other things. Like it just had to be a (romantic) relationship or something. We're such a sexually minded community. But no, something much, much bigger and broader had aligned into that. I mean, it affected my livelihood in a very personal way. It made me really stop and question a lot of things.

But it made me better for it

Is there a chance for a Floetry reunion?

Well, I think if you just look at what the two of us are doing individually, we're both doing what we want to do. And I think that with that being kept in mind, the door to Floetry will always be open to my sister, always.

Your new songs are fresh, but they still have a Floetry vibe. Did you ever consider getting

Did you ever consider getting away from that sound?
Floetry is my baby. I was creating and studying to get to the point of manifesting an ethos of poetic delivery with musical intent. I've been on that journey since I was 19 years old. I invited Marsha into that because at the time, you know, I was "I don't want to do this 20-minute poem"

music. I wanted to cut it up and add choruses and verses. And at the time I invited Marsha down to help with that aspect. But at no point have I been wanting to get away from the Floetic ethos.

Your single Forever, featuring Musiq Soulchild, is about real love. Is today's music missing more songs like that?

I think 10 years ago, I would have been giving you a soliloquy about who's not doing what and who needs to do this or what people need. But what I think has been aligning about my walk is I'm just very interested in being the difference that I want to hear. Just being the difference I want to see. So, I made that song because I want to hear that music. ... And I wanted to share that for that reason.

THE ASSOCIATED PRESS





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Jimmy Fallon's love of making music a part of his act is setting him apart in the crowded world of late-night

It's paying off handsomely this week. To promote his new box set, Bruce Springsteen chose Fallon's Late Night on NBC — not Leno, Letterman or O'Brien. Tonight's entire show is devoted to the Boss, his appearance a way of saying "thank you" for Fallon's Emmy well-received Awards opening, singing, Born to Run with the cast of

The comic's musical chops are often on display, as when he impersonated Neil Young singing Pants on the Ground and his "history



of rap" with Justin Timberlake, which quickly went

The rap history was born backstage at Saturday Night Live, where Fallon and Timberlake were hanging out before the season opener this fall. Timberlake was to be on Fallon's show the next week, and they talked about singing some of their favourite hip-hop songs. After calling the Late Night writers, the idea turned into a musical trip through time from the Sugarhill

Gang to Jay-Z.
Two rehearsals in a dressing room, two onstage and it was showtime. It was Timberlake's idea to end the medley by walking into the audience for Empire State of Mind, where people sang and swayed along.

Fallon has been playing guitar since age 15 and has a genuine talent, plus a lack of self-consciousness that enables him to go toe-to-toe with a professional musician and sell it - complete with dancing and familiar moves.

"You can't think about it," Fallon said. "The adrenaline takes over. I'm a big fan of reality shows and I know

you've got to complete the

mission."

The Young skit was his personal favourite. Fallon came out in a wig and wide hat that shadowed his eyes so you couldn't quite tell whether it was the real Neil Young or not. He strummed an acoustic guitar and sang, in Young's high whine, the novelty song that had be-come a sensation on American Idol the night before.

Fallon's love for music along with the presence of the Roots, the versatile hiphop band and instantly the hippest house band in latenight history — helps draw musicians to the show, said Jonathan Cohen, musical booker for Late Night.

THE ASSOCIATED PRESS

Of ice cream trucks and redheaded role models

• Harry Potter's Rupert Grint talks about his childhood dreams and being part of the 'ginger' community

Rupert Grint, the actor who plays Harry Potter's best friend, Ron Weasley, talks to Metro about his ice cream van, and why he's happy to be a redhead.

Do you think the latest movie is too scary for Potter fans?

Kids like to be scandalized, but the films are getting darker as we're growing up and the environments are changing. You don't see us in school uniform.

I think it's much harsher on all the characters given they're in a new environment, they're on the run, missing their families, tired, and living in this little tent together.

What was memorable about filming this movie?

The day we filmed on Piccadilly Circus, we closed down the busiest part of London.

That was quite surreal, just to think that we had the power to do that.

It was really weird. Crowds were gathering, all just for a second in the film.

It is true that you brought your ice cream truck on the last day of filming?

Yes, me and Emma [Watson] served ice cream. It was really good. I'm not really sure why I bought it. It was always a childhood dream. All I wanted to do was be an ice cream man. I don't drive it very much any more because when I take it out, people form queues and want ice creams.

In this film Ron is a lot more serious. The director David Yates, said you'd make a great straight actor.

I'm keen to do more of that, the previous films Ron was always been quite light-hearted and upbeat, but now it's a lot more complicated, and you see a darker side of him and it was cool to do that.

You've signed to an agency. Are you ready to move on from Harry Potter?

It's not quite finished, as there's promotion to do. But, as much as I'll miss it, I'm ready to move on.

I'm keen to do different things and establish a bit of a detachment from Harry Potter.

How does it feel being a role model for redheads?

It's funny, the reaction I get from the ginger community. People with red hair get a hard time, but I've always managed to escape it. I've never had any negative reaction to it.

I'm a very proud ginger. Ginger people in the street shake my hand and it's nice. I would dye it for a role, but I'm a ginger at heart

Do fans recognize you?

Yes, over the years it's become more of a regular thing and with my hair, I stand out.

I went to a music festival this year, and I wore a duck head. It was like having the power of invisibility, strangely.

What was it like having that kiss with Emma?

It was okay it was more about the antici-

were looking forward to it, I've known her since she was nine, it just didn't feel right.

EMMA FORREST





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Rascal Flatts all grown up

◆ The past decade has been full of hits for country band ◆ Helped pave the way for country/rock blends

Gary LeVox, Jay DeMarcus and Joe Don Rooney were magnets for criticism 10 years ago when they formed Rascal Flatts.

They were called a boy band. Their clothes were funny. And, boys, that ain't country music.

After a decade as country music's top-selling group with nearly 20 million albums sold and one of its most popular touring acts, though, Rascal Flatts are starting the next decade as veterans on top, and in transition.

They have moved to Big Machine Records, home of Taylor Swift, to release their next album, Nothing Like This, out today, and the guys are contemplating bigger things.

"We truly feel like a new

act," LeVox said. "The first 10 years flew by. ... We've got at least another 10 to 20 left."

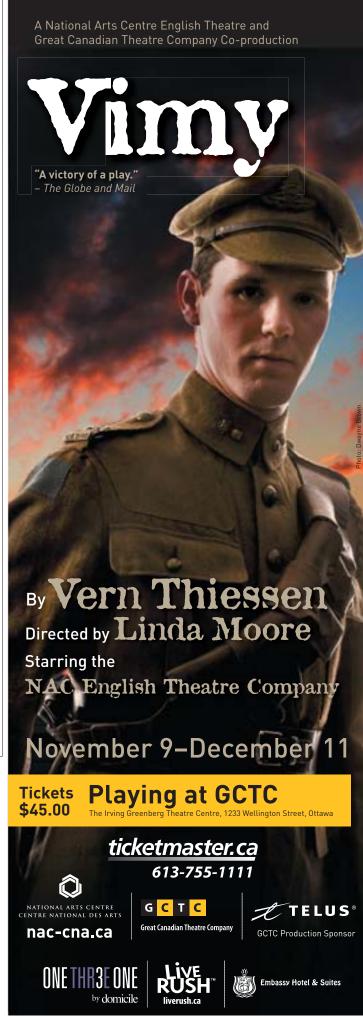
The 40-year-old singer LeVox, 39-year-old bassist DeMarcus and 35-year-old guitarist Rooney have already accomplished more in their one decade than many acts do their entire careers. They grew up on George Strait, George Jones and Merle Haggard and followed their dreams to Nashville. Instead of copying the sound of their heroes, they went in a very different direction and created their own, mixing country twang with a pop sensibility.

They struck gold — and platinum — early on with top hits like Bless the Broken Road, What Hurts the

Most and Life Is a Highway, and won multiple Country Music Association and Academy of Country Music awards along the way. More important, they helped lay the groundwork for the revolution that's sweeping the genre today.

"We had to bring something new to the table," LeVox said. "Call it what you want but we sure love making country music and I think we've been able to open some doors for people like Taylor Swift. Who would've ever thought you'd hear Bon Jovi on country radio with Kid Rock? We might've had a little hand in opening the door to radio and getting them played."

THE ASSOCIATED PRESS



Give to a friend at no extra cost.





Mel admits to slapping ex, but denies punch

◆ Actor says his girlfriend was shaking their daughter ◆ Claims he was 'trying to bring her back to reality' ◆ Denies hitting her with a closed fist

Mel Gibson admits that he slapped girlfriend Oksana Grigorieva once during their infamous argument earlier this year, according to court documents obtained by TMZ, though he claims it was for the sake of his infant daughter, Lucia.

"I slapped Oksana one time with an open hand in an attempt to bring her back to reality," the actor reportedly says in the declaration. "I did not slap her hard. I was just trying to shock her so that she would stop screaming, continuing shaking Lucia



back and forth.

"I did not hit Oksana with a closed fist, as she alleges. I did not ever punch her in the face or in the temple or anywhere else, not then or at any other time."

@ METRO

▶ Jessica Simpson got engaged to Eric Johnson.

Simpson set to wed ex-NFLer

Jessica Simpson and former football player Eric Johnson are engaged, her rep confirmed to Us Weekly. The couple began dating earlier this year, and Johnson's divorce from his estranged wife

was recently finalized.

"I met a wonderful
man," Simpson posted to

Twitter in September. "Damn, I'm lucky."

The announcement comes just days after Simpson's ex-husband, Nick Lachey, announced he and longtime girlfriend Vanessa Minnillo are also planning to get married.

@ METRO

Talking points

Lindsay's folks still feuding

FAMILY. While Lindsay Lohan enjoyed a brief day away from the Betty Ford Center over the weekend, she reportedly didn't get a break from her parents'

squabbling, as mom Dina Lohan forced Lindsay to turn away her father, Michael Lohan, when he stopped by for a visit, according to Hollyscoop.

"Lindsay was furious over her mother's action and was brought to tears," a source says. "Michael can't understand why a 'caring mother' would put her daughter in such a position when she's in recovery."

METRO

Lovato's show gets rewrite

TELEVISION. The folks behind Demi Lovato's Disney Channel series, Sonny with a Chance, have decided to not delay production despite their star being in a treatment facility for "emotional and physical issues," according to Variety.

Instead, they'll be rewriting episodes to work around her absence, focusing on guest stars and other characters.

"This allows her the time she needs to get well, without distraction or pressure," says a Disney Channel representative, who insists the changes are only temporary.

Celebrity tweets



Wood
[@woodelijah] My
phone start-

ed buzzing and I realized that it would be best to remove email notices of new followers



Steve Martin [@Steve MartinToGo]

I just reread my own tweets. They were FUNNIER THAN i AM. I'm so confused. Signing off while I rethink.



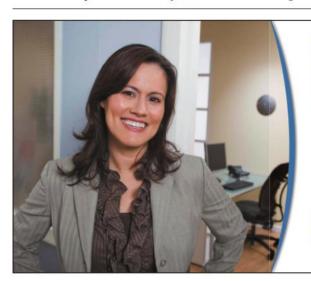
Abdul
[APaulaAbdul] saw
they're

ing labels on cigarettes. on the news they showed a box of cigarettes w/ a corpse on the front! :((



Eva Longoria [@EvaLon goria] Ok

everyone, you have to vote for People's Choice!



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Le Collège des meilleures pratiques

Keep it off with Weight Weight Watchers work? Counselling Several diet programs have been tested over talst few years in large numbers of people, to to out if they work. A studie on Weight

• A new study says women on the Jenny Craig diet, which includes in-person counselling, lost 10 per cent of their weight in the first year





Will your diet work? There's a better chance you'll lose weight and keep it off if you have personal

counselling.
A new study published in the prestigious Journal of the American Medical Association found that overweight women on the Jenny Craig diet, which includes in-person counseling, lost an average of 10 per cent of their weight in the first year. By the end of the second year, they had kept off an average seven per cent of their unwanted pounds. By losing weight, women reduced their risk of developing diabetes, depression, some cancers and stroke.

"The results of this study show that lifestyle changes — such as making better food choices and exercising regularly — can in-deed promote clinically significant weight loss that is reasonably well-main-tained at least at two years, in people who are motivated," Dr. Cheryl Rock, lead author of the study, told Metro. Rock is a professor of family and preventive

medicine at the University of California, San Diego.

Results from this and other randomized controlled trials show that one of the keys to successful dieting is ongoing personal counseling.

The Jenny Craig diet inperson-to-person counseling, a low energy density diet, pre-packaged foods and increased physical activity. Women in the study did not have to pay for the program, but in real life the cost of special food would be approximately \$4,000 in the first year and \$2,200 in the second year. This may not be more than people ordinarily spend on food, noted the study.

To test the effectiveness the program, researchers at four sites in the U.S. recruited 442 overweight women between the ages of 18 and 69, and followed them for two years. They were assigned to either one-on-one counselling, phone counselling or a "usual care" program. The best results were in those who received in-person counseling.

The study was published in JAMA on Oct. 27, 2010.

have been tested over the numbers of people, to find out if they work. A study on Weight

Watchers found the average weight loss was 4.6 per cent after one year and 3.1 per cent at two years.

A trial involving 3,234 overweight people with pre-diabetes found the Diabetes Prevention Program helped them achieve an average weight loss of 5.9 per cent at 2.8 years. They also reduced their risk of developing diabetes by 58 per cent. O CELIA MILNE/METRO

Health and weight go hand-in-hand

Dr. Cheryl Rock, who led a trial of the Jenny Craig program, believes commercial weight-loss programs can go further than doctor-led weight

loss.
"While comprehensive programs such as this one require some investment of money and effort for the average patient, the amount is minimal compared to the high cost of obesity and obesity-related medical problems," Rock said.

OCELIA MILNE/METRO





Up and down

A protective shield

Being married could protect people from cognitive diseases such as dementia. A team of Swedish researchers found that people living alone from midlife onwards were more at risk than those living with a partner.



Broken hearts People involved in negative relationships are 34 per cent more likely to develop heart disease in the 12 years following it.





TIME FOR SOME RETAIL THERAPY.

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5 steps to a beautiful mind

Andy Puddicombe, a clinical meditation consultant, talks us through five steps to a clearer mind.

1 Calm: A calm mind is one that is at ease with itself. Remain tranquil and serene no matter how busy or quiet life is.

2 Grateful: It's so easy to spend life chasing after things we haven't got and think we want. We're so busy chasing that we forget to notice the things we already have. There's nothing beautiful about a mind that is always craving more, so develop a sense of appreciation for what you have right now.

Clear: Clarity is the ability to see the mind and know the mind exactly as it is, free from judgement and self-criticism.

Spontaneous: Life can feel repetitive, and things can lose their magic, creativity and excitement. It's as if you are caught up in a web and unable to get free. Step out of that web and live moment to moment.

Caring: It's important to know how to be happy and bring happiness to others. Learn to let go of your self-interested desires and make way for a caring and compassionate mind.

Up and down

Spice it up

Ginger has been used as an aphrodisiac for centuries due to its ability to increase blood circulation to all body systems. Increased blood flow stimulates the brain and nerve endings causing heightened sensitivity in erogenous zones.





Love handles

Married life may lead to weight gain. The comfort and satisfaction people get from being happily married means watching their weight is no longer a priority.

The family tree of health

Ouncovering the diseases that run in your family can trump costly genetic testing in predicting what illnesses you and your kids may face

Make grandma spill the beans. Uncovering diseases in your family tree can offer the best predictions of what illnesses you and your children may face.

A Cleveland Clinic study comparing which method best showed an increased risk of cancer helps confirm the value of a family health history. And all it costs is the time it takes questioning your relatives.

But a government survey estimated less than a third of families do this, and doctors seldom push it to their patients.

"I view family health histories as back to the future," says Dr. Charis Eng, a cancer geneticist at the Cleveland Clinic's Genomic Medicine Institute. "It's the best-kept secret in healthcare."

How does a good history compare with an online genomic testing service (sold without a doctor's prescription for hundreds of dollars) that analyzes DNA glitches and predicts people's predisposition to various diseases?

To find out, Eng recruited 44 people for a family health history and a saliva test from a genomic service called Navigenics to calculate their risk for colon cancer and breast or prostate cancer.

Both approaches classified about 40 per cent of participants as having above-average risk,



but they picked the same people about half the time.

For example, the screening missed all nine people with a strong family risk of colon cancer, five of whom Eng's clinic gave extra scrutiny to prove they carried a gene mutation.

"A patient may have done this testing, been very reassured and not come to medical care," she said. No matter the brand, genomic screening takes a broad look at DNA variations, including ones scientists aren't sure even matter.

Yet it often doesn't include high-profile gene mutations that are linked to specific diseases and can require more specialized testing, Eng explains.

Navigenics didn't return a call for comment.

THE ASSOCIATED PRESS

Create your tree

Tips to create your own family health history.

- Start with you Collect info on you, your parents, siblings and kids.
- Note the age
 Find out when the problems arose.
- Consider your lifestyle Include facts like eating and excercise habits.

THE PERFECT SETTING FOR YOUR HOLIDAY PARTY OR SPECIAL EVENT









Acne may raise risk of suicide: study

• Experts found the number of suicide attempts increased between one and three years after patients began using isotretinoin, a drug prescribed to treat serious acne • Highest risk was six months after treatment ended

People with severe acne may be at higher risk of attempting suicide, a new study says.

Swedish researchers at the Karolinska Institute studied data from nearly 6,000 people who were prescribed the scribed the drug isotretinoin between 1980 to 1989. The medication has been commonly prescribed to treat serious acne since the 1980s.

The scientists compared the patient information to hospital discharge records and death registers from 1980 to 2000. According to the records, 128 of the people surveyed were admitted to a hospital after a suicide attempt.

'Severe acne is not a trivial condition," wrote researcher Anders Sundstrom and colleagues. "It is associated with an increased risk of attempted suicide.

The scientists could not say whether it was the condition or the treatment that is causing the suicide at► Even when acne is treated, experts suspect patients might still be upset if there were no major improvements in their social

tempts among those using the drug

Sundstrom and colleagues emphasized that acne-related suicide attempts was a rare event: there was about one suicide attempt for every 2,300 people taking the acne drug.

Among young adults in the U.S., there are about 13 suicides per every 100,000

Experts estimate that for every suicide, there are about 11 attempts.

"All patients with acne of a severity for which isotretinoin is (needed) should have psychosocial factors and suicidal intent monitored," wrote Parker Magin and John Sullivan of the University of Newcastle and University of New South Wales in Australia, in an accompanying commentary. "Given the extended period of risk, families of patients may also have a role in this monitoring." THE ASSOCIATED PRESS

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deficiency can make you feel faint, tired and irritable, and make it difficult to concentrate. Other signs that your body's iron levels are too low include: dark circles under the eves, headaches, pale skin and an increased need for sleep.

Lack of iron is the most common nutritional deficiency in the world. There are varying degrees of iron deficiency - and you may not even be aware that

your iron is low. Elderly people, athletes, pregnant and nursing women, and vegetarians may have an increased need for iron supplementation.

Iron is essential

Since your body cannot produce iron by itself, you have to get it from your daily diet. Most of your iron goes to making hemoglobin - the colouring substance of red blood cells. Iron is essential for the transportation of oxygen in the

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- Do you look pale, lack appetite or feel tired?
- Are you often cold or chilly?
- Do you have brittle hair and nails?
- Are you pregnant or nursing or planning to become pregnant?
- ☐ Have you lost a lot of blood (e.g. from surgery, injury or donating blood)?
- Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron-deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test, the most sensitive measurement of iron stores in your blood.

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This information session is for all women who

... want practical tips about what they can do to ensure good bone health as they age
... are approaching, or in, the menopause transition and want to get the facts about
the impact osteoporosis can have on their lives

... have already been diagnosed with osteoporosis and are looking for ways to manage their condition

Guest Speaker:

Dr. Elaine Jolly, OC, MD, FRCS(C)

Professor of Obstetrics & Gynecology University of Ottawa Medical Director Shirley E. Greenberg Women's Health Centre The Ottawa Hospital

For more information on osteoporosis visit menopauseandu.ca

ADVERTISING FEATURE

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BETWEEN HALLOWEEN AND THE HOLIDAY SEASON... HOW DO CHILDREN'S TEETH STAND UP?

Many of you are likely still dealing with children that are experiencing daily sugar highs (and lows) courtesy of all that candy they worked hard to collect on Halloween. And before you know it, we will be into the Holiday Season, including Christmas, Hanukkah and New Years.

All of these celebrations usually involve gifts, lots of food and, inevitably, more candy! Your child may not even have finished with his/her Halloween candy when this second dose of sweets comes around!

We all know that children like sweets and it is unrealistic to expect that you can forever deny them such an indulgence. However, we also know that sweets simply are not good for the teeth! Sugar has long been recognized as one of the major contributors to tooth deeay.

The mouth is full of naturally occurring bacteria that can accumulate around the teeth. When it does, it can form a colourless, sticky substance known as plaque. On its own, that plaque is often filled with various micro-organisms that develop an acid which can eat away at the enamel of the teeth, causing decay.

These microorganisms love sugar.
The more sugar they have and the longer they have access to it, the more



Dr. Martin LaBoissonniere Dental Surgeon

damage they can do to young teeth

So stop and think for a moment about the challenge facing your children's teeth with all that Holiday candy that will soon be joining forces with those Halloween treats! That is a lot of sugar — meaning lots of acid and potentially, lots of decay!

Obviously, **brushing is essential.** Regular brushing can help remove the plaque where those acid-causing micro-organisms live. But brushing alone is not sufficient.

You also need to control your child's candy intake – particularly hard or chewy candy! The longer the sugar stays in the mouth, the more

opportunity it creates for decay

Just picture how long your child will suck on a candy cane! Imagine how long a chewy carame! remains stuck to the teeth! These are the worst types of candy because they provide more time for sugar and plaque to join forces in an attack upon tooth enamel. No amount of brushing can be sufficient if too much of these candies are consumed.

So the key is to limit the intake of hard or chewy candy. When you are going to allow your child a sweet treat, choose a candy that is consumed more rapidly. They are proven to be less harmful to oral health.

Of course, you will still need to make sure that your child is brushing at least twice per day. And regular visits to the dentist will help to make sure all those Halloween and Holiday candies have not caused too much damage to young teeth.

But the best defense is to limit the decay up front. And that means keeping hard and chewy candy to a minimum. Because limiting the consumption of hard and chewy candy is a healthy habit. and healthier habits lead to healthier lives.

Dr. Martin LaBoissonniere - Dental Surgeon

metronews.ca TUESDAY, NOVEMBER 16, 2010

Location of a defibrillator is life or death

◆ As many as 45,000 Canadians suffer a cardiac arrest every year ◆ Less than five per cent survive

Michel Langevin was playing hockey when he collapsed and his heart stopped. He describes what unfolded next as "almost a miracle."

A year earlier, the league had held a tournament to help raise funds for an automated external defibrillator (AED) for the arena in Sturgeon Falls, Ont.

He was revived by a shock from the AED, operated by a fellow player who had been trained just two weeks earlier on how to use it.

Proximity to an AED can make all the difference in such a case.

And now, it's hoped that mathematical modelling



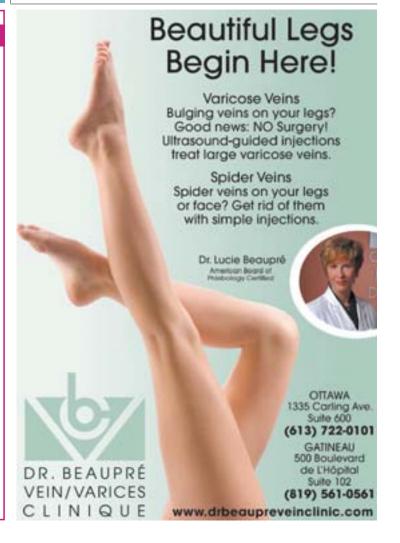
techniques developed by Toronto researchers to optimize the geographical placement of defibrillators will lead to more of the sort of confluence of events that kept Langevin alive.

In particular, the researchers looked at the placement of registered AEDs in Toronto and nearby Peel Region, as well as the location of out-of-hospital cardiac arrests from January 2006 to November 2009.

There were 1,414 out-ofhospital cardiac arrests, and 2,041 AEDs provided coverage within 100 metres for only 226, or 16 per cent.

Using the mathematical model, the team determined that the top 5 locations for additional AED placement would have covered an additional 51 out-of-hospital cardiac arrests.

THE CANDIAN PRESS



LOTTERY TICKETS LED TO TRUE LOVE

Names: Anna, 24, and Curtis, 29

Current city: Coquitlam, B.C.

Together since: 2007

Their story:

How We Met:

Anna & Curtis

"I (Anna) spotted Curtis one summer day when I was working part-time at the local grocery store in our small hometown in southwestern Ontario...

I noticed him at another checkout, and after that day, I noticed him every time he came into the store — but I was too nervous to approach him!



Curtis came into the store every Saturday to play his lottery numbers, and I would go out of my way to be the one to process his ticket.

Then one day after he left the store, he came back to give me his number

He bought a few other items to make it look like he didn't return just to give me his number (to which he later admitted to!).

A week later, we had our first date. We were immediately inseparable and moved in together within a few months.

We both definitely won the lottery in finding each other!"

WE WANT TO KNOW HOW YOU MET! GO TO 2FOR-COUPLES.COM NOW TO SUB-MIT YOUR LOVE STORY.

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Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM TWITTER: @SMUGMARRIEDS



My wife insists on spending ridiculous amounts of money at specialty cheese shops. What's wrong with a brick of orange from No Frills?

Angela says...

Have you tasted the difference? It's night and day. How often is this happening? If it's daily, then maybe your wife has a spending addiction.

If it's only occasionally, like for a special weekend meal or a dinner party (and you can afford it), what's the harm?

It's better than spending money on makeup or shoes — which you two can't enjoy together.

I guess the answer to your dilemma depends on whether your wife has any other vices. If she doesn't, I'd rank having good taste in cheese among the best problem

to have since you can

savour it together.
P.S. Does she buy nice bread and wine to go with it? If so, I'm on my way over

Derek says...

Please do not fault your partner for having good taste. Quality cheese is one of the finer pleasures in life; learn to embrace it.

First, try one of the varieties of white cheese offered by your local grocery store, and then work your way up to the cheese boutique.

You are about to embark on a long journey, but you can get there quickly with your partner at your side. This is a joyous time. Eat it up!





Buffets are an easy way to feed a crowd during the holidays

• You can make everything ahead and reheat when guests arrive

You can actually feel like a guest at your own party this holiday season by hosting a buffet-style dinner.

Toronto catering chef Charmaine Baan says a buffet is a perfect alternative to a formal sit-down dinner, which can include nu-

Incorporating an array of flavours on the buffet table

allow guests to sample dif-

ferent cuisines in one set-

Rolls, which lend sophisti-

cation to any party platter.

Arrange 3 beef slices,

(7 by 4 inches), on 3

each about 18 by 10 cm

separate sheets of plas-

tic wrap. Divide onions

Here Asian-inspired Beef Maki

Beef Maki Rolls

Preparation:

merous details that can often be stressful to manage. "Alternatively, buffet en-

tertaining maximizes your time, budget and energy because it provides a variety of options when catering to a larger group of people," she says. Baan says there is a trend to buffets at holiday time and she has several lined up already.

"Buffets have so many ways to make it easy to serve," she says. "If you don't have a lot of seating in your house or a large

dining table, it can be very casual by putting stations around the house so peo-ple can help themselves."

Baan says this type of entertaining means that the host has more time to spend with their guests. THE CANADIAN PRESS



and pepper and mango slices evenly among each piece of beef; lay slices across beef at end closest to you. Tightly roll up meat around vegetables to form a log, using plastic wrap as an aid. Refrigerate in the plastic

wrap for 30 minutes or up to 1 day. In a small bowl, stir together soy sauce, rice

wine and sugar until

sugar is dissolved.

Remove rolls from plastic wrap. Place in a small baking dish and pour soy marinade over them, turning to coat. Marinate, turning occasionally, for 15 minutes. Heat a 25-cm (10-inch) heavy skillet over moderately high heat until hot, 1 to 2 minutes. While skillet is heating, lift rolls out of marinade and pat dry. If rolls won't stay closed, secure at regular intervals with toothpicks or tie with butcher's string. Add oil to skillet swirling to coat bottom. then cook rolls with any extra marinade, turning with tongs, until well browned on all sides, 2 to 4 minutes total (depending on thickness

of beef).

Ingredients:

- 500 a (1 lb) thinly sliced outside round beef, about 3 pieces, 3 mm (1/8 inch) thick
- 3 green onions, trimmed
- 12 thin slices red pepper
- 12 thin slices ripe mango
- Transfer rolls to cutting board and let sit for 5 minutes. Sprinkle sesame seeds over rolls. Using a sharp knife, slice each roll crosswise into 8 pieces. Serve with sweet chili sauce, if desired.
- 30 ml (2 tbsp) soy sauce • 15 ml (1 tbsp) rice wine
- 10 ml (2 tsp) sugar
- 15 ml (1 tbsp) vegetable or
- canola oil • 15 ml (1 tbsp) sesame
- Sweet chili sauce, for dipping (optional)

Chef's tip: If you find that your beef slices are too thick. gently pound each piece between two sheets of plastic wrap with the flat side of a meat mallet or with a rolling pin to achieve 3-mm (1/8inch) thickness.

THE CANADIAN PRESS



Wild Rice with Fruit and Nuts

This recipe can be cooked for a period of hours in the slow cooker. It is elegant and a good accompaniment to other dishes on the buffet table.

Preparation:

- To toast almonds, spread in a single layer in a heavy-bottomed skillet. Cook over medium heat for 1 to 2 minutes, stirring frequently, until nuts are lightly browned. Remove from skillet immediately. Let cool before using.
- To toast almonds. spread in a single layer in a heavy-bottomed skillet. Cook over medium heat for 1 to 2 minutes, stirring frequently, until nuts are lightly browned. Remove from skillet immediately. Let cool before using.
- In a slow cooker, combine wild rice, cranberries, raisins, apricots and almonds.
- In a medium bowl, combine broth, orange juice, butter and cumin. Pour mixture over rice and stir to mix. Cover and cook on low for 7 hours

Ingredients:

- 500 ml (2 cups) wild rice (or wild rice blend), rinsed 125 ml (1/2 cup) dried
- 125 ml (1/2 cup) chopped raisins
- 125 ml (1/2 cup) dried apricots
- 125 ml (1/2 cup) toasted slivered almonds
- 1.25 to 1.5 l (5 to 6 cups) chicken broth (approx)
- 250 ml (1 cup) orange juice • 30 ml (2 tbsp) melted but-
- 5 ml (1 tsp) ground cumin
- 2 green onions, thinly
- 30 to 45 ml (2 to 3 tbsp)
- chopped fresh parsley
 Salt and black pepper, to

or on high for 2 1/2 to 3 hours. Stir once, adding more hot broth, if neces-

When rice is soft, add green onions and parsley. Adjust seasonings, if desired. Cook for 10 minutes longer and serve.

Makes 6 to 8 servings.

Note: Do not use parboiled rice or a blend containing parboiled rice.



SAVOUR THE JOURNEY

Some wines stand on their own



PETER ROCKWELL

Once upon a time, wine and food were joined at the hip. So much so that you wouldn't fathom having a glass of fermented liquid without a bite or two of something solid. Not that there is anything wrong with that philosophy; it's just that I like Charlie Sheen's better: Anytime is a good time for a glass of wine (or vodka, or just about anything).

What I mean is, wine isn't just for the dinner table anymore, and winemakers are creating unique cocktail-style wines. A perfect example is the 2009 Café Culture Pinotage (\$13.95 – \$15.99) designed by South Africa's KWV.

Here's a wine that all about singularity. Sure, you could pair it with Italian fare or just about anything grilled, but to fully appreciate this wine you've got to have it on its own.

That said, this is a polarizing bottle. Just as many I know hate it as love it. Melding coffee overtones (café, get it?) and lots of major mocha along with a natural sweet berry fruit, it's a tasty style unto itself.

Prices reflect the range across the country. Some products may not be available in all provinces.

Appetizers for anytime

Homemade pita chips add flavour instead of fat



Appetizers are always popular when you are entertaining or if you are just relaxing and watching a movie with your family and friends. Try these easy and light dips with my special "pita chips" for your next gathering.

Seasoned baked 'pita

Store-bought pita chips are deep fried, which increases their calories and fat content. The spices in this recipe add flavour instead of oil. Serves 4

Ingredients:

- 3 large flour tortillas
- 3 Tbsp finely grated
- Parmesan cheese

 pinch of salt and pepper
- pinch of paprika
- pinch of paprika
 pinch of garlic powder
- pinch of gartic powder
 pinch of onion powder

Preparation:

- 1 Preheat the oven to 350°F. Line a large baking sheet (or 2 medium baking sheets) with foil.
- Slice each tortilla into 8 wedges. Arrange the wedges on the baking sheet, not over-lapping. Lightly coat with cooking spray.
- Combine the Parmesan, salt, pepper, paprika and garlic and onion powders in a small bowl. Sprinkle the seasoning evenly over the tortillas and bake for 12

minutes, or just until lightly browned.

per serving (about 6 chips)
Calories 191 • Protein 6.5 g •
Carbohydrates 28 g • Fiber
2.5 g • Total fat 5.6 g • Saturated fat 1.9 g • Cholesterol 4 mg • Sodium 419 mg • prep time 5 minutes • bake time
12 minutes

Black olive tahini spread Makes

This is similar to a hummus dip, but with black olives added.

Ingredients:

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini
- 3 Tbsp water
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 1/2 tsp not chili sauc
 1/3 cup finely diced
- canned black olives
 2 Tbsp chopped fresh basil
 or parsley. Serves 6
- Combine the chickpeas, tahini, water, olive oil, lemon juice, garlic and chili sauce in the bowl of a food processor. Purée until smooth.
- 2 Stir in the olives and garnish with basil or parsley.

per serving Calories 157 •
Protein 4 g • Carbohydrates
11 g • Fiber 2.4 g • Total fat
11 g • Saturated fat 1.5 g •
Cholesterol 0 mg • Sodium
93 mg • prep time 5 minutes.

White bean and artichoke hummus. Serves 8

A twist on traditional hummus. The addition of white beans and artichoke hearts is outstanding.

Ingredients:

- 1 cup canned white kidney beans, drained and rinsed
- 4 canned artichoke hearts, drained and chopped
- 2 Tbsp tahini
- 1 1/2 Tbsp olive oil • 2 Tbsp lemon juice
- 1 1/2 tsp finely chopped
- 1/4 tsp ground cumin
- pinch of salt and freshly ground black pepper
- 1/4 cup chopped cilantro. Serves 8.

Preparation:

Combine the beans, artichokes, tahini, olive oil, lemon juice, garlic, cumin, salt and pep-per in the bowl of a food processor. Purée until smooth.

Add the chopped cilantro and stir to combine.

per serving Calories 79 • Protein 2 g • Carbohydrates 6 g • Fiber 1.7 g • Total fat 5 g • Saturated fat 0.7 g • Cholesterol 0 mg • Sodium 91 mg • prep time 5 minutes

Red bell pepper hummus

The addition of roasted bell pepper to a hummus dip creates a new flavour and colour. This is not only great as a dip but also as a spread for sandwiches or tortillas.

Ingredients:

1/2 cup canned chickpeas, drained and rinsed
1/4 cup roasted red pepper (about 1/2 small

- roasted red pepper) (see left)
- 1 1/2 Tbsp tahini (sesame seed paste)
- 1 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 tsp water
- 1/2 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 2 Tbsp chopped parsley Serves 8.
- In the bowl of a small food processor, combine the chickpeas, roasted red pepper, tahini, lemon juice, oil, water, garlic and chili sauce.
- Purée until smooth. Garnish with parsley.

per serving Calories 53 •
Protein 1.5 g •
Carbohydrates 4 g • Fiber 0.9 g • Total fat 3.5 g • Saturated fat 0.5 g • Cholesterol 0 mg • Sodium 29 mg • prep time 5 minutes

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New Canadians smart when it comes to cents

• Survey shows that recent immigrants to country are more knowledgeable about banking than general population • Trust of banks statistically lower

ON MONEY

ALISON GRIFFITHS MONEY@METRONEWS.CA



New Canadians are tackling financial literacy with gusto ... and effectiveness. According to

a survey commissioned by Credit Canada (a not-for-profit, charitable credit counselling organization) and Capital One Canada, recent immigrants are actually more savvy about their credit ratings and scores than the general population.

New Canadians are also financially optimore

Sixty-five per cent of those who have been in Canada five years or less



and 74 per cent of those living here six to ten years they understand enough to make good deci-

sions with their money. In comparison, only 52 per cent of the general population feel confident about their financial knowledge.

Confusion within the financial services industry is endemic. However, newcomers actually find the banking system more accessible and understandable than everyone else.

This is particularly good news as access to banking information and services is the foundation of a solid financial life.

Despite these positives, recent immigrants do not trust banks to the same degree as the general population. This finding isn't so surprising when you consider that few countries have a banking system as

stable as Canada's.

The poll, conducted by Angus Reid Public Opinion, has just been released to kick off Credit Education Week Canada (CEWC). an initiative of Credit Canada. Running until November 19, this year's theme is The Language of Money.

Interest rates/

Savings accounts					
BANK	RATE				
BMO	1.35%				
CIBC	0.70%				
HSBC	1.00%				
ING	1.50%				
PCF	1.50%				
RBC	1.25%				
SCOTIA	1.25%				
TD	1.25%				
ALLY	2.00%				

CHECK BANK WEB SITES AS SONE BATES REQUIRE
MINIMUM ACCOUNT BALANCE

Fun and Frugal

LESLEY SCORGIE



eddings are expensive, considering they last for a day. Save in advance and pay for expenses as they come up. Try these tips to save money, avoid debt and still enjoy your special day. First, discuss budget pri-

orities like photos or food, and the wedding planning roles you and your partner will play such as arranging flowers or liquor licenses.

Second, set a budget and stick to it.

Discuss how you'll pay for the wedding and check whether there are obligations if you accept funds from family or friends.

Third, pick the size of your wedding. Expensive food and glamorous surroundings will translate into fewer invitations whereas a larger venue paired with a buffet dinner means you'll be able to host more people.

Fourth, pick a date, time, and venue. Save big bucks by planning your wedding in the off-season (October to March) and getting married on any day but Saturday.

Time of day has an impact too: breakfast, lunch and twilight weddings are cheaper than dinner wed-

Fifth, get to work. Ask friends to help make invitations and table decorations. Forget the limo fleet and borrow a friend's cool car. Hire a photographer, caterer or planner from a local college (get a reference). Put limitations on an open bar. Negotiate everything and read the fine print on all contracts

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MBAs are the key to business success

◆ Changing market facilitates growing need for leaders with skills broad enough to lead efficiently ◆ Employers' expectations raise bar for entry

Take your time

Picking the right MBA program is important, so make sure you invest some time in finding one that's right for you.

- MBA program has varied goals, teaching methods, price and logistics. Make sure you choose a program that fits your overall goals.
- Don't rely solely on wordof-mouth or rankings, visit schools and sit in on a class to see if the program matches your goals.
- Ask employers you're interested in working for which MBA programs they look to hire from, you'll get a better sense of which programs draw weight.



As business becomes more integrated the kinds of skills an MBA provides become increasingly crucial, experts say.

Besides a documentable increase in salaries post-MBA — up to double in some cases — the degree itself is becoming more common among graduates and consequently more expected by employers.

"For many mid-management jobs an MBA today is, if not an entry-level requirement, almost an expectation. More people have graduate degrees now, so that has moved the bar," said Wendy Cukier, associate dean of Ryerson University's Ted

"Change is one of the most relevant factors in the world so we need leaders who can lead us through change and the MBA provides that."

SCOTT COMBER, DALHOUSIE

Rogers School of Management.

Scott Comber, director of the corporate residency MBA program at Dalhousie University in Halifax, says the increasing complexity of the modern business environment makes MBA skills highly desired by employers.

"Today's business world

is a very linked, integrated environment. The understanding is that markets are connected, economies are connected.

"Change is one of the most relevant factors in the world so we need leaders who can lead us through change and the MBA provides that," Comber said.

Beyond the obvious benefits, an MBA degree symbolizes a candidate's resourcefulness and versatility.

"While there's solid evidence an MBA will give people a salary boost, more importantly it signals to employers your capacity to solve problems and ability to move up in an organization," Cukier said.



My MBA experience



Profile

Name: Mia Hempey

School: University of Ottawa, Tefler School of Management

Current city: Ottawa

Position: Owner, CTE Solutions

I had just started up a technology training company and I was a minority shareholder. One of the reasons I went back was succession planning: I was looking into whether or not I could buy out the majority shareholder, so would I have the skills set, the confidence to do that?

The MBA was actually completely life altering. It had a profound impact on my life professionally.

When I entered the program I was at a crossroads. I didn't know whether or not I'd want to buy out the majority shareholder.

And when I left the MBA, I had bought out the majority shareholder and become the majority own-



er, so I really saw tangible results.

Amongst most of my colleagues who I went through the program with, my story's not unique. They all within a few

months seem to have been promoted from within or made a significant career move.

The program did two things for me: It gave me confidence and credibility.

The confidence because it gave me such a great skill set and toolbox; credibility in a sense that those three little letters after my name all of a sudden gave me an edge.

MBA partnering makes good cents for companies



JORDANA DIVON FOR METRO CANADA

A number of Canadian companies are paying for their workers to go back to school

In Mediacorp's newly released list of Canada's Top 100 Employers, a startling percentage of companies who had made the cut were involved in sponsoring their workers to pursue higher education opportunities

education opportunities.
It's a smart, multi-purpose move designed to keep employees motivated, and to bring their newfound skills back to the workplace.

"If you take a look at what's happening in the recession, companies want to keep talent, and they want to keep people happy," says Shai Dubey, director of the Queen's University Executive MBA program. "It's a succession planning within the company; a way to recognize talent and say, Ok we see the potential in you, what do we do to get you to the next level?"

Instead of climbing rung by rung up the corporate ladder, many employees see the fast track benefits of an MBA, and may also want to explore their options in other areas of corporate culture.

Employers, too, are seeing the benefits: During his tenure at the helm of one of Canada's top business programs, Dubey says he's witnessed gun-shy companies get on board when they see the tangible results.

"A lot of the time companies don't sponsor or only partially sponsor (the MBA program), but when they see what comes out of it, they end up giving bonuses and raises to people. So it's either direct sponsorship or indirect — that's a different way of looking at it," he says.

Jeannette McAffer, vice president of human resources at Ledcor, says her company is a firm supporter of employee education.

"It's a changing world out there and if we don't continue to develop our skills we'll stagnate. That's really not an option anymore," says McAffer.

The Victoria-based company, which found itself on this year's Top 100 list, pays up to 100 per cent of employee educational costs, and considers it a sound investment.

Which one is right for you?



Most MBA schools offer both full-time and part-time programs. Take our quiz to find out the best way for you to go back to school



Full-time students can finish an MBA in as little as 13 months, says Kimberley Neutens, director of MBA and Master of Finance Programs Services at the Rotman School of Manage ment at the University of Toronto, A part-time schedule typically lasts three years. How soon do you want your degree?

- a) Yesterday! b) It's part of my fiveyear plan.
 c) Whenever, really.

Choosing a full-time program means quitting your job. "You're taking a significant risk in the payoff," says Neutens. . What's your risk profile?

a) I bungee jump on

weekends and play the stock market for fun.

- b) I wear a helmet when bike have a diversified portfo-
- c) I've never even jaywalked and my entire fortune is in government bonds

Only full-time students have time for internships and extracurricular networking opportunities to help position them in a new field. Are you switching industries?

- a) Yes. This is a whole new step for me.
- b) No. This is a career progression credential. c) Maybe. I haven't really thought about it.

Full-time students earn no income during an

MBA program, warns Neutens. What financial resources do you have?

My partner's cool with me leaning on my substantial my savings.

- b) My young family needs me to keep bring-
- ing in a paycheque.
 c) My credit rating has tanked and I'm working two jobs to

make ends meet.

Part-time students spend about five hours a week in class and about 12 studying. Currently, how much time can you spare in a

- a) What spare time? b) How does 20 hours
- sound?

c) You mean I should track my time?

Your score:

Mostly a) Full time

You're driven and ready to go for it, but you also know you need the support and hours available to full-time students.

Mostly b) Part time

You may have other obligations, but that's okay. You also have the discipline to make your MBA happen, if more slowly.

Mostly c) Not your time

You may need to gather your financial, social and personal resources first.

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A fine balance

▶ Juggling school, work and family responsibilities can be a challenge for MBA students



When Trevor Sterner began the MBA program at the Haskayne School of Business in Calgary, he wasn't fully prepared for the jolt to his timetable.

"It used to be that I would schedule in everything that needed to be done and by the end of the day, I didn't have time for hanging out with my wife or child," says the 2011 MBA Society president.

Because he had taken on a number of extracurricular responsibilities, Sterner had to quickly learn how to balance his demanding course load and his personal life.

"What I ended up doing is looking at what's important to me and how much time I want for each of those parts of my life," he says. "Now I just make those decisions quicker, and once I make them, I don't look back. Just focusing on whatever thing I pick up and working on that alone has been pretty successful."

Sterner's work-life balance method is one of many outlined by Dr. Merridee Bujaki, associate professor at the University of Ottawa's Telfer School of Management.

Bujaki says many MBA students enter the program at a time in life when they have young children and aging parents, and these external responsibilities can often play havoc on their significant student responsibility.

"There is often a collision of immovable work, family and school deadlines," she says. "This can result in sacrifice of sleep, exercise, time for oneself, and for families, and is often more of a challenge for women."

The perils in not finding a proper balance, however, are significant. Bujaki outlines fatigue, poor nutrition, lack of exercise, poor health, and alienation from friends as some of the potential dangers.

But the accounting professor says many students, like Sterner, manage to find their own way after the initial struggle.

"From what I've seen, the most successful MBA students are strong communicators, put in a steady, consistent effort, focus on learning — not marks, and simply enjoy the process."

Seven habits

of highly

successful

students

Dr. Merridee Bujaki offers these excellent tips for coordinating a healthy worklife balance:

- Give yourself permission to look after your health (sleep, exercise, eating well). Investments here usually pay off in the long run in terms of stronger relationships and better retention of new infor-
- Be realistic: Perhaps straight As aren't going
- to be possible with everything else in your life.
- Hire as much help as you can afford: Cleaning, meal preparation, home maintenance.
- Lower your expectations: How often does your
- bathroom need to be cleaned?
- Take some time to reconnect and recharge.
- Communicate, communicate, communicate with family, team members and employers.
- Keep perspective.





Quoted



"It's like how do you eat an elephant? One bite at a time. We're going to fix one thing at a time."

NEW PIRATES MANAGER CLINT HURDLE, ON MAKING THE TEAM COMPETITIVE AGAIN

"A guy comes in and he says, 'We're going to do this, we're going to do that.' If you replay the tape, the guy before him said the same thing. I'm well aware of the history, the road travelled. But I know where I want to go."





Elliott, Senators fall to Flyers

♠ Mike Richards scores twice as surging Flyers take down Sens ♠ Elliott peppered with 46 shots

Captain Mike Richards scored two goals for the second straight game and goalie Sergei Bobrovsky stopped 28 shots to lead the surging Philadelphia Flyers to a 5-1 win over the Ottawa Senators last night.

Danny Briere, Darroll Powe and Claude Giroux also scored for the Flyers. who are 9-0-1 in their past 10 games, and haven't lost in regulation since losing a lacklustre 2-1 game to Ottawa on Oct. 25, a defeat that stoked the ire of coach Peter Laviolette.



Jason Spezza scored for

The game was stopped

for a few moments in the first period when a young girl was struck in the head when a puck deflected into the stands. She received medical attention and was taken to the hospital for

The Flyers have played inspired hockey since that loss to the Senators last month. Ottawa came into Philadelphia on a hot streak of its own — with a 5-1-0 record in its past six games — but did little last

Richards is the hottest

Flyer at the moment. He has scored five goals in his previous three games, including a two-goal game on Nov. 13 against the Florida Panthers

He had just one goal in his first 12 games. The Flyers took a season-

high 46 shots. Richards earned his 300th career point on

Giroux's goal on a power play in the third period.

He partially whiffed on his pass to Giroux in the slot, but the right-wing gathered the puck and fired

a shot past Senators goalie Brian Elliott, who was screened by Ville Leino.

Richards scored twice in a 90-second span in the third period to put the game away. He first scored at 6:13 on

an unassisted short-handed goal, getting past the de-fence and faking Elliott backhand-towith a forehand move.

He then took a Braydon Coburn shot off the boards and flicked it into the net at 7:43 to cap the scoring.

World Series foes honoured as year's top rookies



How they won

San Francisco Giants catcher Buster Posey, 23, easily outdistanced Atlanta outfielder Jason Heyward for the National League award for the top

Key stats

Posey hit .305 with 18 home runs and 67 RBIs. He homered eight times after Sept. 1 in leading the Giants to the NL West title.

Quoted

"I think I'd be lying to you if I said I didn't think about (winning the award)."



Texas Rangers closer Neftali Feliz, 22, finished far ahead of Detroit centre-fielder Austin Jackson for the AL honour.

Feliz set a rookie record with 40 saves as Texas reached its first World Series, He went 4-3 with a 2.73 ERA in 59 games.

"I hope it's not a fluke. I hope I have a better season next year."

THE ASSOCIATED PRESS

NHL

EASTERN CO	NFER	EN(Œ						
	CD	M	- 1	OTI	CI	CE	G٨	Dłc	Homo

d-Washington	18	13	4	1	0	65	47	27	9-1-0-0	4-3-1-0	8-1-1-0	W1
d-Philadelphia	18	12	4	2	0	63	38	26	8-3-0-0	4-1-2-0	9-0-1-0	W3
d-Montreal	17	11	5	1	0	46	36	23	5-3-1-0	6-2-0-0	7-3-0-0	W3
NY Rangers	18	10	7	1	0	55	48	21	4-5-1-0	6-2-0-0	6-4-0-0	W3
Pittsburgh	19	9	8	2	0	58	52	20	3-5-1-0	6-3-1-0	4-5-1-0	L1
Boston	15	9	5	0	1	44	29	19	3-4-0-1	6-1-0-0	5-4-0-1	W1
Ottawa	18	9	8	1	0	46	53	19	5-4-0-0	4-4-1-0	7-3-0-0	L1
Tampa Bay	17	8	7	2	0	48	54	18	4-2-1-0	4-5-1-0	3-6-1-0	L3
Atlanta	18	7	8	1	2	57	67	17	3-4-0-1	4-4-1-1	4-4-0-2	L2
Buffalo	19	7	9	3	0	51	60	17	2-6-1-0	5-3-1-0	4-4-2-0	W2
Carolina	17	8	9	0	0	52	60	16	4-3-0-0	4-6-0-0	4-6-0-0	L2
Florida	15	7	8	0	0	44	40	14	5-2-0-0	2-6-0-0	5-5-0-0	L1
Toronto	16	5	8	1	2	35	47	13	3-4-1-1	2-4-0-1	1-7-0-2	L8
New Jersey	18	5	11	1	1	33	59	12	1-6-1-0	4-6-0-0	3-6-0-1	L1
NY Islanders	17	4	10	1	2	37	58	11	2-2-0-1	2-8-1-1	0-9-0-1	L10
WESTERN CO	ONFE	REN	CE									

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Los Angeles	15	12	3	0	0	47	28	24	8-0-0-0	4-3-0-0	8-2-0-0	W6
d-Detroit	15	11	3	0	1	51	37	23	7-1-0-1	4-2-0-0	7-2-1-0	W3
d-Vancouver	17	10	4	1	2	54	43	23	6-0-0-1	4-4-1-1	8-1-1-0	L1
Anaheim	19	10	7	1	1	50	57	22	7-1-0-1	3-6-1-0	7-2-1-0	L1
St. Louis	15	9	3	1	2	38	34	21	6-0-0-1	3-3-1-1	7-2-0-1	L3
Chicago	20	9	9	1	1	57	59	20	5-5-0-1	4-2-1-0	4-5-0-1	W1
Phoenix	17	7	5	4	1	47	63	19	4-2-2-1	3-3-2-0	5-3-1-1	W3
Columbus	15	9	6	0	0	41	38	18	5-5-0-0	4-1-0-0	6-4-0-0	L1
San Jose	15	8	4	3	^							1110
		ŏ	4	- 5	0	42	37	18	5-2-2-0	3-3-0-0	6-3-1-0	W2
Minnesota	16	8	6	0	2	42 37	37 36	18 18	5-2-2-0 5-3-0-1	3-3-0-0 3-3-0-1	6-3-1-0 5-4-0-1	W2 W1
Minnesota Nashville												
	16	8	6	0	2	37	36	18	5-3-0-1	3-3-0-1	5-4-0-1	W1
Nashville	16 15	8	6	0	2	37 38	36 43	18 17	5-3-0-1 2-1-3-0	3-3-0-1 5-4-0-0	5-4-0-1 4-5-1-0	W1 W2
Nashville Colorado	16 15 16	8 7 8	6 5 7	0 3 1	0	37 38 53	36 43 50	18 17 17	5-3-0-1 2-1-3-0 3-4-0-0	3-3-0-1 5-4-0-0 5-3-1-0	5-4-0-1 4-5-1-0 4-5-1-0	W1 W2 L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootor receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column

3. Vancouver, D.Sedin 12 (Ehrhoff, H.Sedin)

7:18 (pp)
4. Buffalo, Montador 3 (Roy, Vanek) 13:25

4. Burlato, Montadou 3 (Roy, Valler) 13:29 Penalties — Hecht Buf (slashing) 6:17, Rome Vcr (interference) 15:02, Edler Vcr (tripping) 17:04. Third Period

5. Vancouver, Edler 2 (H.Sedin, D.Sedin) 4:48

Penalties — Myers Buf (cross-checking) 4:29, Bieksa Vcr (boarding) 5:58, McCormick Buf

7. Buffalo, Myers 5, 4:37
Penalities — None.
Shots
Vancouver 15 10 12 2—39
Buffalo 13 11 8 7—39
Goal — Vancouver: C.Schneider (1,3-0-1); Buffalo: Miller (W,5-5-2). Power plays Goals-chances) — Vancouver: 2-5; Buffalo: 0-5.
Att.—18,690 (18,690) at Buffalo, N.Y.

G A PT

(גען) 6. Vancouver, Samuelsson 3 (D.Sedin,

H.Sedin) 9:21

(boarding) 18:39.

7. Buffalo, Myers 5, 4:37

SCORING LEADERS

Stamkos TR

Crosby, Pgh Ovechkin, Wash Semin, Wash

Semin, Wash Perry, Ana Backstrom, Wash D.Sedin, Vcr Sharp, Chi Roy, Buf Getzlaf, Ana B.Richards, Dal Selanne, Ana St. Louis, TB

H.Sedin, Vcr 2 Not including last night's games

Last night's results
Boston 3 New Jersey 0
Buffalo 4 Vancouver 3 (OT)
Philadelphia 5 Ottawa 1
N.Y. Rangers 3 Pittsburgh 2 (OT)
St. Louis at Colorado
Los Angeles at San Jose

Chicago 3 Anaheim 2 (OT)
Minnesota 4 Tampa Bay 1
Washington 6 Atlanta 4
Tonight's games
(All times Eastern)
Nashville at Toronto, 7 p.m.
Philadelphia at Montreal, 7:30 p.m.

Sunday's results Anaheim at Dallas, 9 p.m. N.Y. Rangers 8 Edmonton 2

FLYERS 5, SENATORS 1

First Period
1. Philadelphia, Briere 9 (Meszaros, O'Donnell)

1. Philadelphia, Briere 9 (Meszaros, O'Donne 8:43
2. Ottawa, Spezza 5 (Kovalev, Regin) 10:40
3. Philadelphia, Powe 3 (Timonen, Giroux)
12:17
Penalties — None.

Second Period
4. Philadelphia, Giroux 10 (Richards, Pronger) 18:31 (pp)

— Karlsson Ott (hooking) 6:16. Penalties — Karlsson Ott (hooking) 6:16, Karlsson Ott (hooking) 955, Karlsson Ott (de-lay of game) 15:33, Ruutu Ott, Hartnell Pha (fighting) 17:07, Foligno Ott (goaltender inter-ference) 18:05. Third Period 5. Philadelphia, Richards 7, 6:13 (sh) 6. Philadelphia, Richards 8 (Coburn, Giroux) 7:43

7:43 Penalties — Briere Pha (tripping) 5:23, Neil

Ott (cross-checking) 8:15.

Shots

Ottawa 9 11 9 29
Philadelphia 17 15 14 46
Goal — Ottawa: Elliott (L,9-5-0); Philadelphia: Bobrovsky (W,11-2-1). Power plays (goals-chances) — Ottawa: 0-1; Philadelphia: 1-5.

Att. — 19,256 (19,537) at Philadelphia

SABRES 4, CANUCKS 3 (OT)

First Period 1. Buffalo, Ennis 5 (Roy, Vanek) 8:22

2. Buffalo, McCormick 3 (Niedermayer, Grier) Penalties — Niedermaver Ruf (high-sticking)

Penarius — Niedermayer But (high-sucking) 3:27, Buffalo bench (too many men; served by Vanek) 13:33, D. Sedin Vcr (slashing) 13:47, Burrows Vcr (hooking) 14:47. Second Period

MLB

Lact 10

JACKIE ROBINSON AL ROOKIES

2010 - Neftali Feliz, Texas 2009 - Andrew Bailey, Oakland 2008 - x-Evan Longoria, Tampa Bay 2007 - Dustin Pedroia, Boston 2007 - Dustin Pedroia, Boston 2006 - Justin Verlander, Detroit 2005 - Huston Street, Oakland 2004 - Bobby Crosby, Oakland 2003 - Angel Berroa, Kansas City 2002 - Eric Hinske, Toronto

JACKIE ROBINSON NL ROOKIES OF THE YEAR

2010 - Buster Posey, San Francisco 2009 - Chris Coghlan, Florida 2008 - Geovany Soto, Chicago 2007 - Rvan Braun, Milwaukee 2006 - Hanley Ramirez, Florida 2005 - Rvan Howard, Philadelphia 2004 - Jason Bay, Pittsburgh 2003 - Dontrelle Willis, Florida 2002 - Jason Jennings, Colorado x-unanimous selection

SOCCER

MLS PLAYOFFS

THIRD ROLIND

Championship MLS Cup At Toronto Sunday's game (All times Eastern) Colorado vs. FC Dallas, 8:30 p.m.

AUTO RACING

NASCAR SPRINT CUP

I FADERS

1, Denny Hamlin, 6,462. 2, Jimmie Johnson 6,447, 3, Kevin Harvick, 6,416, 4, Carl Edwards 6,198. 5, Matt Kenseth, 6,151. 6, Jeff Gordon, 6.124. 7. Kyle Busch, 6.115. 8. Grea Biffle 6,113. 9, Tony Stewart, 6,074. 10, Kurt Busch,

11 Clint Rowver 6 028 12 Jeff Rurton 11, Cliff Bowyer, 6,028. 12, Jerr Burton, 5,958. 13, Mark Martin, 4,249. 14, Jamie Mc-Murray, 4,225. 15, Ryan Newman, 4,156. 16, Joey Logano, 4,139. 17, Juan Pablo Montoya, 4,060. 18, David Reutimann, 3,975. 19, Dale

Earnhardt Jr., 3,871. 20, A J Allmendinger, 3,843.

1, Jimmie Johnson, \$6,985,278. 2, Jamie Mc-Murray, \$6,754,735. 3. Kurt Busch, \$6,619,840.

Murray, \$6,754,735. 3, Kurt Busch, \$6,619,840. 4, Kevin Harvick, \$6,583,433. 5, Klyle Busch, \$6,179,655. 6, Denny Hamlin, \$5,768,003. 7, Jeff Gorfon, \$5,593,408. 8, Tony Stewart, \$5,536,409. 9, Matt Kenseth, \$5,949,305. 10, Carl Edwards, \$5,239,593. 4.

11, Kasey Kahne, \$5,141,037. 12, Jeff Burton, \$5,079,210. 13, Joey Logano, \$5,052,616. 14, David Reutimann, \$4,979,681. 15, Juan Pablo Montova, \$4,899,625. 16, Greg Biffle, \$4,879,912. 17, Ryan Newman, \$4,872,760. 18, Glitt Bowere, \$4,620,204. 19, 4 JAII-Clint Bowver, \$4.620,204, 19, A J All-

mendinger, \$4,601,096. 20, Dale Earnhardt Jr. \$4,496,803.

GOLF

PGA TOUR

Rank Name	Trn	Money
1. Matt Kuchar	26	\$4,910,477
2. Jim Furyk	21	\$4,809,622
3. Ernie Els	20	\$4,558,861
4. Dustin Johnson	23	\$4,473,122
5. Steve Stricker	19	\$4,190,235
6. Phil Mickelson	20	\$3,821,733

NBA

EASTERN CONFERENCE

ATLANTIC DIV	/ISION			
Boston	W 8	L 2	Pct .800	GB —
New Jersey	3	6		41/2
New York	3	7		5
Philadelphia Foronto	2	8	.200 .200	6 6
SOUTHEAST I	DIVISION			
	W	L	Pct	GB
Orlando	7	3	.700	-
Atlanta	7	4		1/2
/liami	6	4		1
harlotte Vashington	4	7	.364 .250	31/2 4
CENTRAL DIV	ISION			
	W	L	Pct	GB
Chicago	5	3		_
Milwaukee	5	5		1
Indiana	4	4		1
Cleveland	4	5		11/2
Detroit	4	6	.400	2
WESTERN C	ONFER	EN(Œ	

SOUTHWEST DIVISION

	W	L	Pct	GB						
New Orleans	8	0	1.000	_						
San Antonio	8	1	.889	1/2						
Dallas	6	2	.750	2						
Memphis	4	7	.364	51/2						
Houston	3	6	.333	51/2						
NORTHWEST DIVISION										
	W	L	Pct	GB						
Utah	7	3	.700	_						
Denver	5	4	.556	11/2						
Oklahoma City	5	4	.556	11/2						
Portland	6	5	.545	11/2						
Minnesota	3	9	.250	5						

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	8	2	.800	_
Golden State	6	4	.600	2
Phoenix	5	4	.556	21/2
Sacramento	3	6	.333	41/2
L.A. Clippers	1	9	.100	7
1 - 1 - 1 - 1 - 1 - 1 - 1 11				

Last night's results Charlotte 113 Minnesota 110

Orlando 89 Memphis 72 New Orleans at Dallas New Orleans at Dallas
Denver at Phoenix
Oklahoma City at Utah
Detroit at Golden State
New Jersey at L.A. Clippers
Sunday's results
Atlanta 111 Minnesota 105
Detroit 100 Sacramento 94

Detroit 100 Sacramento 94 San Antonio 117 Oklahoma City 104 Houston 104 New York 96

Phoenix 121 L.A. Lakers 116

Tonight's games (All times Eastern)

(All times Eastern)
Philadelphia at Cleveland, 7 p.m.
Atlanta at Indiana, 7 p.m.
Toronto at Washington, 7 p.m.
Portland at Memphis, 8 p.m.
LA. Lakers at Milwaukee, 8 p.m.
Chicago at Houston, 8:30 p.m.
New York at Denver, 9 p.m.

SCORING AVERAGE G FG FT PTS AVG

	Durant, OKC	9	84	71	254	28.2
8,	Ellis, GOL	10	101	52	265	26.5
٠,	Gay, MEM	10	101	32	252	25.2
.,	Bryant, LAL	10	84	69	252	25.2
.,	Anthony, DEN	9	86	43	225	25.0
	Wade, MIA	10	81	74	247	24.7
-	Martin, HOU	9	63	73	217	24.1
	Westbrook, OKC	9	67	77	213	23.7
	Rose, CHI	8	73	36	189	23.6
	Gasol, LAL	10	94	44	232	23.2
	Nowitzki, DAL	8	71	39	182	22.8
	Richardson, PHX	9	79	12	201	22.3
	James, MIA	10	70	75	223	22.3
29	Granger, IND	8	66	24	177	22.1
77	Scola, HOU	9	79	41	199	22.1
22	Gordon, LAC	8	62	46	176	22.0
51	Millsap, UTA	10	90	36	219	21.9
22	Howard, ORL	9	69	56	194	21.6
35	Ginobili, SAN	9	60	46	192	21.3
33	Williams, UTA	10	71	58	213	21.3
,,	Not including last	night's	game	S		

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

BOSTON RED SOX—Claimed RHP Taylor Buch-holz off waivers from Toronto. CLEVELAND INDIANS—Agreed to terms with RHP Anthony Reyes on a minor league con-

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Named Billy Ryan assistant general manager. Announced the resignation of director of player development Rico Brogna. Promoted Mike Bell from minor league coordinator to director of player development. Agreed to terms with INF Geoff Blum on a two-year contract. MILWAUKEE BREWERS—Named Rick Kranitz

MILWAUKEE BREWERS—Named Rick Kranit: pitching coach, Jerry Narron bench coach, Garth lorg first-base/infield coach, Ed Sedar baserunning coach and third base coach, and John Shelby outfield instructor/eye in the sky and Josh Seligman strength and conditioning specialist.

specialist.
PHILADELPHIA PHILLIES—Named Ryne
Sandberg manager of Lehigh Valley (IL).
Agreed to terms with RHP Jose Contreras on a

two-year contract.
PITTSBURGH PIRATES—Named Clint Hurdle

CAN-AM LEAGUE

LANY-AIM LEAGUE

BROCKTON ROX—Traded RHP Hunter Davis to Grand Prairie (AA) for a player to be named.

WORCESTER TORNADOES—Traded C Craig Maddox to Lake Erie (Frontier) for C Julio Rivera.

FOOTBALL

GREEN BAY PACKERS—Signed LB Robert François to the practice squad.

HOCKEY

NTIL
NEW YORK ISLANDERS—Fired coach Scott
Gordon, Named Jack Capuano interim coach,
PHOENIX COYOTES—Recalled D Nolan
Yonkman from San Antonio (AHL), Assigned D
Garrett Stafford to San Antonio
TAMPA BAY LIGHTNING—Reassigned F MarcAntonine Pouliot to Norfolk (AHL),

AHL

LEAGUE OFFICE—Suspended Albany I W Louis Robitaille for one game as a result of his actions in a Nov. 13 game at Portland.

LACROSSE

MINNESOTA SWARM—Re-signed F Callum Crawford and F Kevin Ross to three-year con-tracts, F Sean Thomson to a two-year contract and D Brock Boye and F Marc Jackson to onevear contracts.

SOCCER

MLS

D.C. UNITED—Terminated the contract of F Danny Allsopp. NEW ENGLAND REVOLUTION—Signed M/F Diego Fagundez.

CFL

WEEK 21

(All times Easter EAST DIVISION Toronto at Montreal, 1 p.m. WEST DIVISION

van at Calgary, 4:30 p.m.

AMERICAN CONFERENCE

EAST						
	W	L	Т	Pct	PF	PA
New England	7	2	0	.778	258	214
N.Y. Jets	7	2	0	.778	208	150
Miami	5	4	0	.556	172	192
Buffalo	1	8	0	.111	164	245
SOUTH						
Indianapolis	6	3	0	.667	240	185
Tennessee	5	4	0	.556	241	179
Jacksonville	5	4	0	.556	196	250
Houston	4	5	0	.444	217	257
NORTH						
Baltimore	6	3	0	.667	196	165
Pittsburgh	6	3	0	.667	200	164
Cleveland	3	6	0	.333	172	182
Cincinnati	2	7	0	.222	184	213
WEST						
Dakland	5	4	0	.556	235	188
Kansas City	5	4	0	.556	212	194
San Diego	4	5	0	.444	239	197
Denver	3	6	0	.333	203	252

NATIONAL CONFERENCE

EAST						
	w	L	т	Pct	PF	PA
N.Y. Giants	6	3	0	.667	236	193
Philadelphia	5	3	0	.625	198	181
Washington	4	4	0	.500	155	170
Dallas	2	7	0	.222	194	252
SOUTH						
Atlanta	7	2	0	.778	222	175
New Orleans	6	3	0	.667	201	151
Tampa Bay	6	3	0	.667	188	206
Carolina	1	8	0	.111	104	215
NORTH						
Chicago	6	3	0	.667	175	146
Green Bay	6	3	0	.667	221	143
Minnesota	3	6	0	.333	169	195
Detroit	2	7	0	.222	215	202
WEST						
Seattle	5	4	0	.556	166	199
St. Louis	4	5	0	.444	160	164
San Francisco	3	6	0	.333	160	198
Arizona	3	6	0	.333	175	261

WEEK 10

Byes: Green Bay, New Orleans, Oakland, San Diego Last night's result

Philadelphia at Washington Sunday's results Buffalo 14 Detroit 12

Buffalo 14 Detroit 12 Chicago 27 Minnesota 13 Dallas 33 N.Y. Giants 20 Denver 49 Kansas City 29 Indianapolis 23 Cincinnati 17 Jacksonville 31 Houston 24 Miami 29 Tennessee 17 N.Y. Jets 26 Cleveland 20 (OT) San Francisco 23 St. Louis 20 (OT) Seattle 36 Arizona 18 Tampa Bay 31 Carolina 16 New England 39 Pittsburgh 26

WEEK 11

Thursday's game
(All times Eastern)
Chicago at Miami, 8:20 p.m.
Sunday, Nov. 21
Detroit at Dallas, 1 p.m.
Oakland at Pittsburgh, 1 p.m.
Washington at Tennessee, 1 p.m. Houston at N.Y. Jets, 1 p.m.

Buffalo at Cincinnati, 1 p.m. Arizona at Kansas City, 1 p.m. Arizona at Kansas Gtty, 1 p.m. Cleveland at Jacksonville, 1 p.m. Baltimore at Carolina, 1 p.m. Green Bay at Minnesota, 1 p.m. Atlanta at St. Louis, 4:05 p.m. Seattle at New Orleans, 4:05 p.m. Tampa Bay at San Francisco, 4:05 p.m. Lidiaganolis: at New Borland 4:15 p.m. Indianapolis at New England, 4:15 p.m. N.Y. Giants at Philadelphia, 8:20 p.m. Monday, Nov. 22 Denver at San Diego, 8:30 p.m.

THE BEST THING TO **OUR LAST** SINCE

NEW Crossword and Suduko updated daily.







9 Cupid's alias

10 "Unh-unh"

17 Lounge around

19 Author Fleming

24 Earl Grey, e.g.

25 Right angle

26 Pool stick

27 Apiece

28 - Lanka

29 Raw rock

34 Atlantic and Pacif-

31 Repair

35 Wander

11 Regimen

22 Listener

23 Moment

7 5 3

9 4 8

5 9 6

1 3 4

3 9 1 2 8 7 5 4 6

6 1 2 9 5 3

3 2 9 6 7 1

8 6 1 4 3 5

8 2 4

1 6 7

3 1 2

7 9 8

Waster Network

6 9

5 3 2

4 7 8

2 5 6

8 4 5

9 2 7

Wednesday

1/// 80%

6 1 3 4 7 5

10°/-1°

Rain

Crossword

1 Fizzled out 5 Cable channel 8 Fax or text 12 Small amount 13 Zero 14 "Star Trek: TNG" counselor 15 Ugly duckling, eventually 16 Circus organ 18 Mineral in milk 20 Beginning 21 Dine on 22 Wapiti 23 Rear of a ship 26 Island music style 30 Moray, for one 31 PETA concern 32 Mess up 33 Heat measure

- 36 Eagle's home 38 Actress Courteney 39 Blend 40 Cruising 43 Pasadena school 47 Sauid
- 49 Distorted 50 PC picture 51 Dickens pseudo-
- nym 52 Requisite 53 Feet, slangily
- 54 Shock and -55 Genealogy chart
- 1 Platter 2 Corn Belt state 3 And others (Lat.)
- 4 Dasher's yokemate 5 Entire 6 Thailand, once
- 7 Entirety 8 Olfactorily offensive

- 15 16 18 20 23 24 26 28 29 30 32 33 34 35 36 40 42 43 44 45 48 49 52 51 54
 - 36 Have a bug 37 Still existing 39 Corn 40 Alkali neutralizer ► Yesterday's answer 41 Mexican entree 42 Trudge
 - (through) 43 Boast 44 Basin accesso 45 Algonquian
 - tribe 46 Stevenson vil-48 Lawyers' org.

Sudoku

		1				7		
		2	3		7	1		
7				1				8
	3	8	7		4	5	6	
	1	9	5		8	2	7	
8				2				3
		5	8		1	9		
		6				8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Today

V	A PROPERTY OF THE PARTY OF THE
resterday	's answer >

10°/5°

Partly cloudy

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

KISS

My dearest Bmo. I love you more than life itself. having you in my life these past 3 yrs have been the happiest moments I couldve ever hoped for. I miss you and Love you. Please forgive me.

To my Countie. Happy 35th birthday. I hope you have a super wonderful day. I love you very much, and it is so great to have known you for 10 of your 35 years..

Dear Arsa, The next time I see you is when you're officially a doctor. Come home and fix my aching heart. I miss you and I love you loads

YOUR BOBO.

Cubby, no illness can get in our way! Get better soon...there is lots of hugs and kisses waiting for you. I love you.

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For today's crossword answers and for expanded horoscopes, go to metronews.ca

T Aries March 21-April 20 You must make up your mind soon about whether to make an emotional commitment, because when the Sun changes signs on the 22nd the matter will no longer be in your hands.

Today's horoscope

¥ Taurus April 21-May 21 The Sun in your opposite sign of Scorpio has brought its share of partnership problems but there's been nothing you have not been able to handle. Even the best relationships must be tested.

II Gemini May 22-June 21 Get your personal life sorted, because in a matter of days you will be too busy dealing with other people's problems to worry about your own.

Gancer June 22-July 22 How much can you achieve in 24 hours? You may have a lot to get through today but if you make a game of it you may be surprised how fast you can

Ω Leo July 23-Aug.23 A week or so from now you will be in a position to come and go as you please, but today there is something you must do for a loved one who is stuck in the past. Show them the best way to move forwards.

TV Virgo Aug. 24- Sept. 22

Wherever you go and whatever you do over the next 24 hours make sure you have a pen and paper by your side at all times. Ideas will come to you when you least expect it.

← Libra Sept. 23-Oct. 23 Don't be too hard on yourself if you have spent too much money in recent weeks. You may now be feeling the pinch but you had a lot of fun too, so it was cash well spent.

> M Scorpio oct. 24-Nov. 22 The Sun leaves your sign on the 22nd, so you have less than a week to bring an important project to a successful conclusion. You're a Scorpio - you can do it if you try.

→ Sagittarius

Nov. 23-Dec. 21 At this time of year you should be winding down, not speeding up, so don't take on anything new over the next few days. Save your energy - you will need it early next week.

り Capricorn Dec. 22-Jan. 20

The more you try to please someone the more distant and unfriendly they seem to get. Maybe you should take the hint and leave them

Aquarius Jan. 21-Feb. 18 You have done well in your work over the past few weeks and you will do even better over the next few days. If you stand out from the crowd you may even get a promotion.

) | Pisces Feb. 19-March 20

Over the past three weeks or so you have discovered that you are capable of a lot more than you imagined. What can you do to amaze the world today? So do it.

SALLY BROMPTON



You WIN! write it!

Write a funny caption for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.







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opply. Ex: Ottowa. Package price is per person for quad accupancy (2 adults & 2 kids ages 2-tay. Prices are for select deporture dates and are accurate and subject to availability at adverbil-onsissions excepted, and subject to change. Toxes & fees include HST and are approximate an "regogo, contrasts. Heda office address: I Dundas St W Suite 200, Toxons, ON. Caff for retail for

AIR CANADA 🏶 VACATIONS

Deals of the

NON-STOP FLIGHTS

CUBA

Santa Clara Meliá Las Dunas • 4 1/2 ★

All-Inclusive • Standard rm. Jan. 9 & 16 • 1 wk.

Departure tax: 25 CUC cash, paid locally

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All-Inclusive • Superior rm. Dec. 25 • 1 wk.

\$1099

FLIGHTS VIA TORONTO

NASSAU

Sheraton Nassau Beach Resort • 4 ★

Resort view rm. Jan. 11, 18, 25 • 4 nts. 300 INSTANT SAVINGS

DOMINICAN REPUBLIC

Punta Cana

Occidental GrandPunta Cana • 4★

All-Inclusive • Junior suite Jan. 8-29 • 1 wk.

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★

All-Inclusive • Standard rm. Jan. 22 • 1 wk.

+Taxes & other fees: \$239

ST. MARTIN/ST. MAARTEN

Hotel Beach Plaza • 3 1/2 ★

Breakfast • Luxe island view rm. Jan. 8, 15, 22 & 29 • 1 wk.

+Taxes & other fees: \$195

BAHAMAS

Great Exuma

Sandals Emerald Bay

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TURKS & CAICOS Ocean Club Resort • 3 1/2 ★

Sunset Jamaica Grande

Resort & Spa • 4★

Traditional standard rm.

Studio suite

JAMAICA

All-Inclusive

Dec. 25 • 1 wk.

\$1489 +Taxes & other fees: \$170

USA

Orlando

Clarion Hotel Maingate • 2 1/2 ★

Standard rm. Jan. 8 & 15 • 1 wk. \$509

Los Angeles via Toronto Holiday Inn Anaheim • 4★

Double quest rm. Jan. 15 - 31 • 3 nts.

CRUISE

Royal Caribbean International² Serenade of the Seas®

Southern Caribbean Cruise Flight to San Juan via Toronto Oceanview stateroom, cat. H Jan 15 • 1 wk

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4 ★

All-Inclusive • Standard rm.

+Taxes & other fees: \$222 Departure tax: 25 CUC cash, paid locally

Santa Clara

Royal Hideaway Ensenachos • 5 x

All-Inclusive Royal spa premium rm. Dec. 26 • 1 wk.

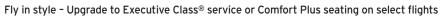
\$1**59**9

+Taxes & other fees: \$222 Departure tax: 25 CUC cash, paid locally

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2010 SATURN VUE XE + XR

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ANATA

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2010 EXPRESS CARGO



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2010 CADDY SRX AWD



4 door, 20" rims, navigation, sunroof, GM Company vehicle. Bal Facility Warranty.

\$46,888*

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2004	VIBE	auto, air	83,970km ^{\$} 8,888*
2007	ION	4-door, auto, air	75,246km <mark>\$8,888*</mark>
2008	COBALT LT	auto, air	24,937km \$10,888 *
2006	G6 GT COUPE	sunroof	70,120km \$11,888 *
2008	IMPALA LTZ	roof	115,112km \$15,888 *
2007	LUCERNE CXL	loaded	98,095km \$16,888 *
2007	LUCERNE CXL	leather	43,710km \$17,888 *
2009	MALIBU LT	alloy wheels	10,650km \$20,888 *
2010	CADDY CTS AV	VD leather	21,546km \$32,888 *
2010	CADDY STS	sunroof	21,882km \$33,888 *

2010 CHEVY HHR



4 door, auto, air LS & LT models, keyless entry, auto start & more. LT models have sunroof & leather. Rental Return Bal GM Warranty.

LS 3 at \$13,888* LT 2 at \$16,888*

2010	IMPALA	power seat	40,043km \$15,888
	IMPALA	leather	36,599km \$19,888
2010	IMPALA LTZ	loaded/roof	39,189km \$20,888
2010	MALIBU LTZ	leather	41,224km \$22,888

SPORTS CARS

2007	G6 GT CONVERTIBLE	leather	52,925km	\$18,888
2008	G6 GT CONVERTIBLE	leather	24,691km	\$19,888
2010	CAMARO SS	V8, 6 speed, roof	42,466km	.\$ 27,888
2010	CAMARO SS	V8, auto, leather	45,328km	\$ 27, 888
2007	CORVETTE CONVERT	IBLE auto	39,565km	.\$39,888
2010	CORVETTE CONVERT	IBLE grand sport	1,800km	\$68,888

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